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PROFILES IN CARDIOLOGY

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THE REGION'S MONTHLY NEWSPAPER FOR HEALTHCARE PROFESSIONALS & PHYSICIANS

OUR 18TH YEAR SERVING THE HEALTHCARE COMMUNITY!

Cardiology



Dr. Michael Cortelli

Memorial Cardiac and Vascular Institute Continues Leadership Role in Challenging Times

BY MICHAEL CORTELLI, MD

COVID-19 has strained hospital and healthcare worker resources worldwide. The United States has not experienced a pandemic of this magnitude in over 100 years. According to CDC statistics, as of August 2021, there have been almost 3 million hospitalizations over the previous 13 months in the U.S. alone. Despite this once-in-a-lifetime phenomenon, Memorial Healthcare System has risen to the challenge and has played a pivotal role in managing this crisis — from organizing and opening some of the early testing sites in South Florida, to accepting patients from other geographic locations because of the advanced therapies we offer.

Specifically, Memorial Cardiac and Vascular Institute and Critical Care Services at Memorial have been instrumental in providing the treatment necessary to care for those patients with advanced and aggressive diseases. This ranges from cardiac and vascular interventions in patients with acute thrombosis (i.e., acute myocardial infarctions,

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ACHE Spotlight

ACHE of South Florida Member Spotlight: President Oyinkansola "Bukky" Ogunrinde

BY VANESSA ORR

In January, Oyinkansola "Bukky" Ogunrinde, MHSA, became president of ACHE of South Florida, the first African-American woman elected to the position in its 50-year existence. Not only does she bring a multitude of experience to the role, having been a member of ACHE for the past 16 years, but she also brings a wealth of new ideas.

"I am very excited to be named president of this chapter, and it means a lot to me," she said. "I believe I will bring a different perspective to the presidency, and I've got a number of themes—including innovation, connection, collaboration, inclusion and well-being—that I hope will resonate."

In addition to strengthening connections with all ACHE members, Ogunrinde wants the organization to collaborate with other healthcare entities and community



Oyinkansola Ogunrinde

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Quantum Foundation Grants Designed to Help Palm Beach County Residents

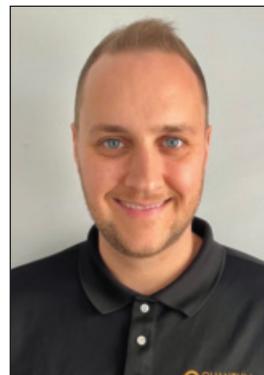
BY LOIS THOMSON

In the third and fourth quarters of 2021, Quantum Foundation of West Palm Beach allocated nearly \$1.6 million in grants to 17 nonprofits in Palm Beach County for the purpose of improving the health of county residents. Guatemalan-Maya Center (GMC) in Lake Worth received the largest grant at \$300,000.

Nate Cousineau, senior program officer of Quantum Foundation, described GMC as "a grass roots organization that's working in the heart of the community. They've been around a long time, and their services continue to adapt to meet the needs of their community." He said the organization offers various health and social services by bringing local providers together to present services directly to clients. "You could pretty much walk through their doors with a need, and they would find a way to meet it."

Regarding the grant for GMC, Cousineau said, "One of the great things they're looking to do is open a type of clinic — whether a mobile van or bus, or a clinic at their site hasn't been determined; some components still need to be ironed out. But the grant was an opportunity to fund a trusted organization that's meeting a specific need in that community that no one else is."

He went on, "We're hoping the funding first provides additional stability for current programming. They're already doing great work and we want that work to continue



Nate Cousineau

Continued on page 10

Education



Andre Lightbourn

Advance Into Leadership Roles With FIU's Healthcare MBA

BY ANDRE LIGHTBOURN

The healthcare industry is diverse and ever-changing. Some healthcare businesses provide treatment through clinical services, others focus on manufacturing medical equipment and pharmaceuticals, and some provide health informatics or insurance coverage to eligible clients. Across all corners of the industry, there's high demand for individuals who understand the complexities of business and can apply their knowledge to advance organizational growth and opportunity.

Earning a Healthcare MBA can help you develop the business expertise and practical skills needed for leadership roles, such as hospital administrator, pharmaceutical brand manager, or even Chief Executive Officer (CEO), in the healthcare landscape. With a combination of industry specific healthcare training and holistic business coursework, Florida International University (FIU)'s Healthcare MBA (HCMBA) can prepare you to advocate for your ideas, influence major facility decisions, and be part of the business conversations that directly impact funding, equipment, research, and patient services. FIU's program is also designed to offer maximum flexibility to busy working professionals with options to select a hybrid or fully online format and program intakes offered in

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It's no longer just a matter of signs hinting at a hardening market. Indisputable evidence is now at the forefront. Malpractice rates are going up across the board. Weaker malpractice carriers are being placed into receivership or sold. Juries in Florida are making shockingly high awards. And this is only the beginning.

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- Is defense coverage offered outside or inside the limits of liability?
- What are the "tail" provisions upon termination of the policy?
- How is your corporation, professional association or other entity covered?

These are just a few of the questions you should be asking in this volatile market. It's not too late for a no-obligation medical malpractice insurance review, just contact Risk Strategies at **800.966.2120** or matt@dannagracey.com.



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Publisher's Note



K.I.S.S. (Keep It Simple ...)

In keeping with our main focus this month — Cardiology — this Publisher's Note comes from the heart. And at the risk of being a bit too schmaltzy, this seems like a good time to recognize that we have a lot of good things right here, right now, despite still being terribly stressed by the Covid pandemic and its "forever-effects."

Carol, who even after 50+ years still tries to broaden my horizons and shrink my waist size, recently suggested we try to embrace the concept of hygge. A Scandinavian practice, *hygge* is all about finding comfort and contentment through cherishing the little things. Or as Carol has encouraged our grandkids since they were little ... to be cozy and relaxed. We both multi-task too much and often are guilty of missing out because we've been moving too fast to enjoy what's right in front of us.

Very recently, we lost an old friend to Covid with whom as recently as Christmas we'd been making plans to see for the first time in decades. But life got in the way, our visit didn't happen and it's our loss now. So hopefully this wake-up call will be the epiphany we need to stop and smell the roses.

Happy Hygge to all.



[*hugga, hyggja*] NOUN

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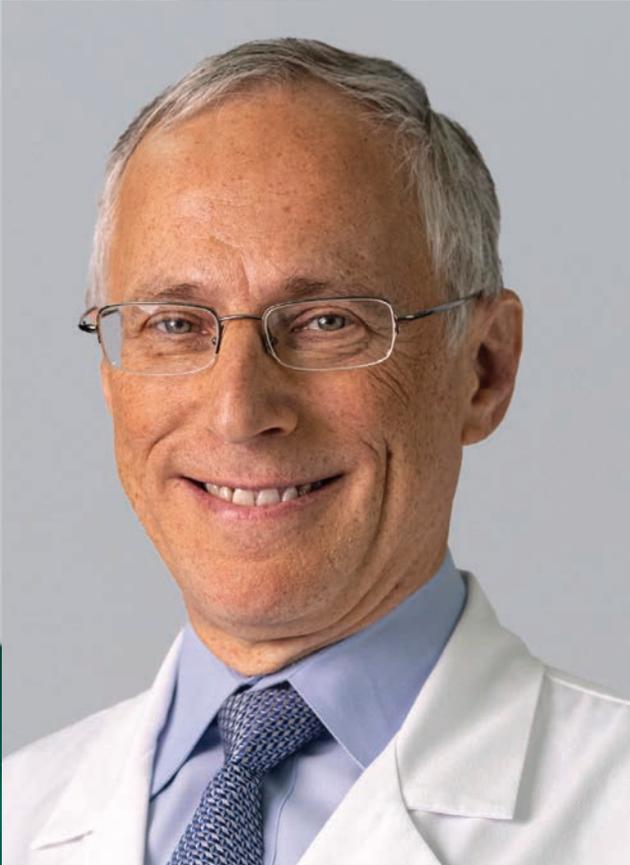
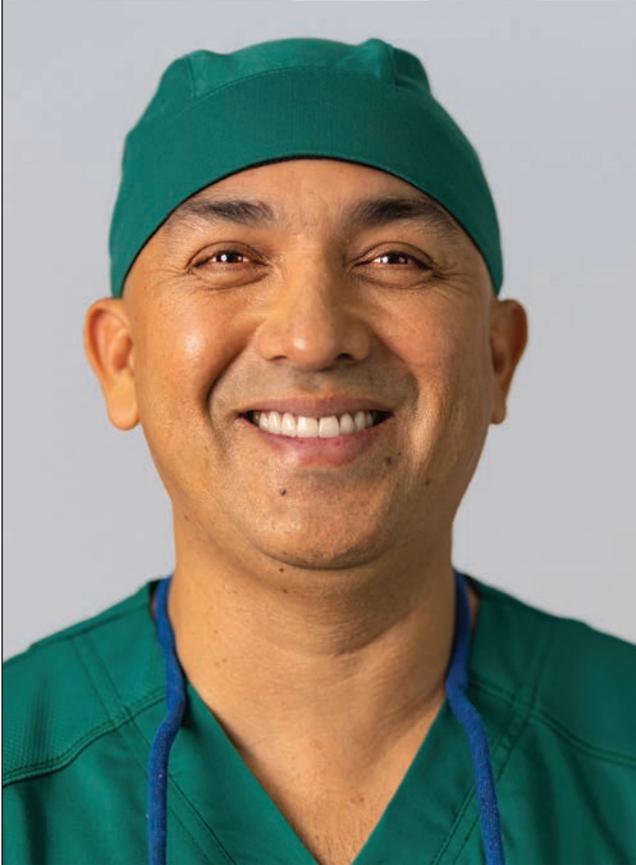
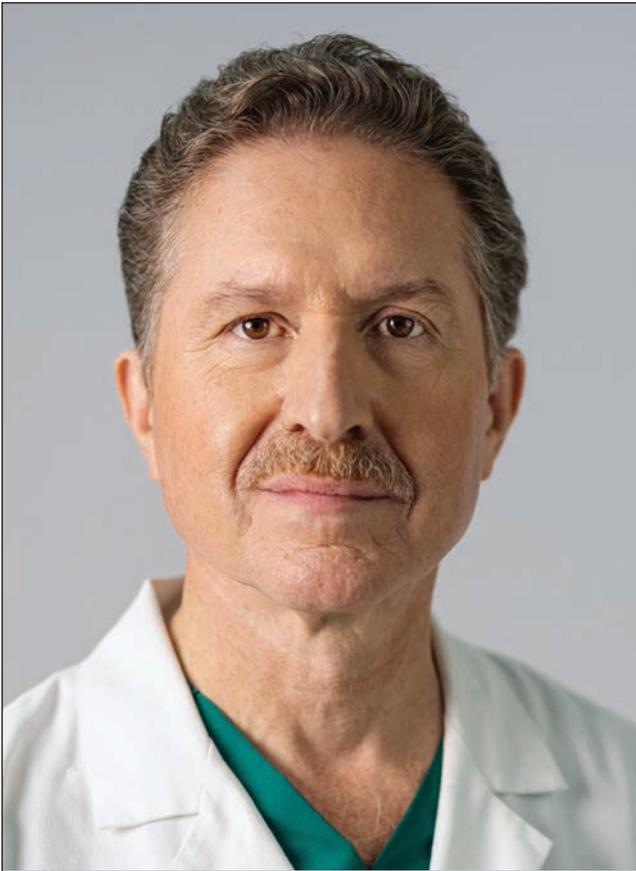
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Employee Benefits Packages in 2022

Preventive care and mental health benefits will be the most important part of your employee benefits package this year.

One unfortunate result of the pandemic is that many people delayed preventative medical screenings because they wanted to avoid exposure to COVID in doctors' offices. In early 2021, the American Society for Radiation Oncology (ASTRO) found that two-thirds of doctors were seeing an increase in patients with advanced disease and nearly 75% had patients who had missed routine cancer screenings, leading to delayed diagnoses and treatment. A survey by the non-profit Business Group on Health discovered 94% of employers are anticipating an increase in 2022 medical spending attributable to more cases of advanced disease because of delayed treatment. Many businesses are seeing an increased interest in emergency savings accounts through payroll deductions.

Mental health is also priority for employees this year. Employees are seeking easy access to care, extra resources, and understanding from their colleagues and employers. As we all learn to live with the reality of endemic COVID, mental health benefits will continue to be an important piece of any employee benefits package. A trend in 2021 Open Enrollment was employers adding additional mental health benefits and resources, a sign many employers recognize the pressures employees have been under. Many of my groups requested these plans, including options that provide mental health benefits to the employees waiving health insurance. More employers are offering voluntary mental health benefits — not every employee will take advantage of these programs, but it's an option for those who want it.

As employers continue to navigate 'The Great Resignation', taking care of current employees will remain a top priority. Businesses should consider providing benefits to part time and contingent workers. Additionally, thinking beyond the traditional vision, medical, and dental insurance, some employers are offering student debt products, child care support, home office stipends, pet insurance, and other options that allow employees to customize their benefits to their unique needs.

As an employer, consider encouraging employees to seek medical care they delayed. Make sure your plan provides mental health benefits and that these benefits have been properly communicated to employees.

Summer Westerbur, founder of Kairos Insurance Group, is experienced in all types of insurance including employee benefit packages, product liability, general liability, professional liability and building insurance. For more information, contact Summer@kairosinsurancegroup.com or call (719) 331-1832.



BY SUMMER WESTERBUR

CMS Requirements for MIPS 2022 – What's at Stake?

Healthcare is transitioning from a volume to value-based care model. CMS is driving this transition with the Merit Based Incentive Payment System (MIPS) program, which ultimately links a clinician's Medicare reimbursements with how many points they earn. CMS sets the requirements of the MIPS program based on the MACRA law, and for the 2022 reporting period, failure to comply or earn enough MIPS points results in an automatic 9% penalty on annual Medicare Part B claims. This equates to a reimbursement reduction of \$90,000 for every \$1 million billed to Medicare. Starting in the 2022 Reporting Period, 1 out of every 2 clinicians will be penalized.

It can be challenging to know what to do to earn MIPS points, optimize your score, and protect your reimbursements given there are many nuances and commonly misunderstood aspects about the MIPS program. However, one of the things you can control is the MIPS reporting partner and corresponding reporting method you choose. Given the complexity in earning MIPS points, it's critical to select the right partner and methodology, as all reporting options are not the same.

Your Doctor In Touch CCM program is coordinating with Health eFilings, a CEHRT and national leader in automated MIPS reporting, and the most comprehensive and effective choice, with a 100% success rate. They use a cloud-based, ONC-certified software that fully automates the process and does all the work without requiring IT resources, administrative support or workflow changes. Health eFilings will save you significant time, be a turnkey process and maximize reimbursement by earning you the most MIPS points. These benefits are enhanced when working with our quality Next Gen CCM program. With what's at stake this year and beyond, you can't afford to make mistakes with MIPS.

Finally, if you haven't filed for the 2021 MIPS reporting period, it is not too late. But time is of the essence, reach out now to find out more.



BY SARAH REITER AND SCOTT RICE, MD, PHD, MBA, MS

To find out how you can set your practice up for success with MIPS and Next Gen CCM, contact Richard Grosso at richard.g@ynit.us. Sarah Reiter is SVP Strategic Partnerships with Health eFilings. Dr. Scott Rice is CMO at Your Doctor In Touch.

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Do Physician-led Hospitals Perform Better?

According to the global executive search firm, WittKieffer, the demand for physicians to lead hospitals and health systems has been increasing over the past three years. What is driving this demand? Some say that it is the industry's move to value-based care, which focuses on quality care versus volume-based care.

As a practicing pediatric neurosurgeon, I have spent much of my career serving in combined clinical and leadership roles in various healthcare organizations. In questioning whether care quality differs in healthcare organizations led by physicians I've found little evidence-based research measuring hospital performance relative to physician CEOs versus non-physician CEOs. As such, I chose this research topic as I pursued my Executive Doctor of Science in Healthcare Leadership degree at the University of Alabama at Birmingham. In 2021, my dissertation "Reported Clinical and Financial Performance of Hospitals with Physician CEOs Compared to those with Nonphysician CEOs" was published in the American College of Healthcare Executives' (ACHE) Journal of Healthcare Management's November/December 2021 issue.

Since existing leadership theory and some research suggest a relationship between technical expertise and success in leading highly technical organizations, I hypothesized that hospitals led by physician CEOs would report higher levels of clinical and financial performance compared to hospitals with non-physician CEOs. The single-year, cross-sectional analysis of U.S. acute care hospitals showed no differences in reported performance.

The sample population included 190 hospitals, half (95) with non-physician CEOs and half with physician CEOs, randomly selected from over 1,900 AHA database U.S. medical surgical hospitals with more than forty beds. All CEOs had at least one year of tenure. Three standard reported quality measures were chosen: actual/predicted central line-associated bloodstream infection (CLABSI) rates, acute myocardial infarction (AMI) 30-day risk-adjusted mortality rates, and pneumonia 30-day risk-adjusted excess readmission rates. Financial performance was evaluated based on hospitals' return on assets and operating margin. The study also controlled for 13 hospital characteristics and market factor variables.

This analysis did not support the hypotheses that hospitals with physician



BY LEON E. MOORES, MD, DSC

CEOs report better clinical and financial performance than hospitals with nonphysician CEOs (at the 95% confidence level). The data did demonstrate that physicians were more likely to be the CEOs of teaching hospitals, nonprofit hospitals, and larger hospitals. Physicians were also more likely to lead hospitals owned by a system.

This was a very focused review and therefore subject to a number of limitations. This study does not imply causality due to the retrospective nature of a cross-sectional data analysis. Second, this study used a single year of data, which for many reasons may not be representative of longer-term performance. CEO tenure is important, as there is often a lag between the CEO's appointment and CEO-driven changes in organizational outcomes. This study included CEOs with more than one year in the position, resulting in over 25% of CEOs with less than two years' tenure. Finally, the study did not examine additional hospital characteristics and/or CEO leadership traits which may be better predictors of clinical or financial performance.

As previously mentioned, there has been little empirical work done comparing the performance of hospitals with physician CEOs versus non-physician CEOs. More work in this area could be useful to inform hospital CEO recruitment and selection processes. Future studies may consider independent variables of hospital size, teaching status, not-for-profit ownership, or clinical leaders in other professions such as nurses, therapists, and technicians. This work adds to that discussion, and hopefully will be useful.

In conclusion, while it may be appealing – and would certainly be efficient – to be able to ascribe outsized impact of a single, measurable leader characteristic (such as being a physician), this study's data do not strongly support that. It turns out that, like leadership itself, leadership selection is a complicated business and there are likely no simple solutions to help organizations choose the leader best suited to maximizing hospital performance.

Dr. Leon E. Moores is Professor of Surgery and Pediatrics, Uniformed Services University School of Medicine, and Professor of Medical Education, University of Virginia School of Medicine (Inova)

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Assets, License Best Protected Through Professional Liability Insurance

BY VANESSA ORR

As premiums continue to increase for professional liability coverage, a number of physicians are choosing to self-insure, or “go bare.” And while Florida law does not require physicians to have professional liability insurance, the risks far outweigh the rewards.

“Self-insuring is analogous to having a home that, because you paid the mortgage off, doesn’t require you to carry insurance,” said Bill Gompers, CFE, producer, Danna-Gracey | Risk Strategies Company. “While you may think you’re saving money, if something happens to the house, you’re paying for it.”

Physicians in Florida without liability coverage are only required to post that information in their offices and sign an affidavit promising to pay the first \$100,000 of a settlement or a judgement if they do not have hospital privileges, or \$250,000 if they do.

“Many people say that attorneys will not go after physicians who do not have insurance because it takes a lot of money to develop a liability case, and it’s not worth doing unless it’s a significant case,” said Gompers, adding that laws in Florida that protect assets often do so in favor of physicians. “They have to put out a lot of money with the risk of little return.”

“There are studies that show that physicians without insurance don’t get sued as much, and other studies that show that they do, especially if the lawyers have a significant case. Without addressing the pros and cons of this, the most recent statistics show that more than 65 percent of physicians over age 55 have been sued.”

While the vast majority of these suits are not successful, it still costs physicians time and money to put up a defense. “It can be a life-changer,” said Gompers. “That’s why it’s important to be insured by a company that has your best interests in mind and can provide competent counsel that shares your same priorities and objectives.”

Although Florida doesn’t require professional liability insurance, some insurance plans and programs do require physicians to have this coverage, as do many hospitals, surgical centers and imaging centers. Bare doctors may also find that they have trouble recruiting new young doctors into a practice unless that practice is covered.

“Physicians can still be held liable for judgements against them, even though they feel they are protected by working within a larger system,” said Gompers. “And in some institutions where the employees are fully covered, an independent physician may find that they get thrown under the bus if no one is representing their interests; the other physicians or health system may gang up against them, blaming the independent



Bill Gompers

physician and forcing their insurer to go after that plaintiff more heavily.”

He adds that many doctors think erroneously that they will be dropped from lawsuits once the plaintiff finds out they are bare. “More common is that the plaintiff’s attorneys “persuade” the bare doctors to testify against their co-defendants in return for favorable treatment,” he said. “In contrast, when all of the co-defendants are insured with the same carrier, there is a strong unity of defense that wins many cases.”

He notes that the average cost of defending a case that doesn’t go to trial is between \$25,000-\$50,000; if it goes trial, it can cost \$100,000-\$250,000.

“If you ultimately lose, in order to keep your license you’ll end up writing a check for a minimum of \$250,000,” said Gompers. “And if you don’t pay it within 60 days after exhausting all appeals, the board will suspend it.”

In addition to HIPAA protection and some cyber protection, Gompers notes that the most important benefit of professional liability insurance is that it includes license defense. “In Florida, when a professional liability claim is filed, it is incumbent on the plaintiff and the plaintiff’s attorney to advise the state, who will invariably open up a Department of Health investigation looking at that physician,” he said.

“While many asset protection attorneys tell their clients that they have successfully put together a plan that bulletproofs their assets against judgements, unless they’re willing to give you an affidavit in writing that should it be breached they’ll pay it for you, you need professional liability coverage,” he added. “The fact is, things that they think might be bulletproof maybe aren’t, and that’s not something you want to learn while a court of law sorts it out.”

For more information, contact Bill Gompers at bill@dannagracey.com, (888) 777-7173 or visit www.dannagracey.com.

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Creating a New Career Path - Yale Highlights a Florida Alumnus

Often when viewing how one's own career is progressing, those on the rise look to find related stories of others reaching new heights.

How they got to where they are? Yale University highlights certain notable alumni and provides insights into how the alumnus' career path has shaped them and how they have shaped the world.

Recently Yale School of Public Health (YSPH), in conjunction with Yale School of Medicine, highlighted a Florida healthcare attorney, Ben Assad Mirza.

Understanding the path to career success and fulfillment is not easy, but in healthcare, people like Ben Mirza are finding new ways to achieve. They take the time and the steps to:

1. Start by defining the space (aka industry) and the people (aka customer) they find the most satisfaction in serving.
2. Look for gaps in service (aka market opportunities) of what the customers are seeking.
3. Tool-up for gaining the ability to serve.
4. Take time to serve from the heart, without regard to compensation.
5. Once these "dues" are paid, the uniqueness of the service, niche and financial returns leads to new horizons for those willing to pave new paths.

To understand the new horizon that Ben Mirza has embarked upon, read the following Yale article excerpt or visit www.MirzaHealthLaw.com.



**Ben Assad Mirza, Esq.,
LLM, MPH**

What is your current job?

As an attorney representing healthcare organizations from hospitals to physician groups, health care private equity firms, software companies, and diagnostic testing labs and facilities - I passionately represent my clients' legal positions in transactions and before courts. I prosecute and defend claims for my clients. I started the firm MIRZA | Healthcare Law partners. In our firm, we help senior healthcare administrators, physicians and in-house legal counsels, who are overwhelmed by the competition and economic squeeze they see coming. We protect their contractual rights and litigate if needed. We are former large healthcare institution attorneys protecting the small guys.

Describe your work and why you find it rewarding/challenging.

I usually represent "golden nuggets" - the small precious healthcare businesses. When my clients are in a squeeze or hitting full stride, I feel it. I am here to help guide them through the process and diligently represent their position. Conversely, I am also there when my clients need to do a "reality check", and when we interact, I speak from the heart and what I would do if I was running their business. When the clients come back to me repeatedly is when I feel most rewarded. I know my clients have many choices. I know they have serious concerns. Of all the choices, they chose me as their legal guide. It is my responsibility and my honor to protect and guide them.

How did YSPH prepare you for your current work?

YSPH taught me the evolution of how the healthcare industry has progressed over the last 100+ years. Because of YSPH, I understand the trajectory of where my clients need to go. Without the YSPH training, my ability to guide clients would be simply limited. In the healthcare law space, it is not only important for attorneys to know the law, but also the business and the practical side of how businesses are evolving. When I engage with clients, I do it confidently because of my training at YSPH. YSPH actually changed the way I practice law. I am forever grateful.

Do you have a favorite YSPH experience you can share?

My favorite YSPH experiences are understanding healthcare policies and the conversations on campus. Walking on campus, one really feels the sense of history. I really enjoyed my professors, and their insights are invaluable to me. The administrative team at YSPH makes you feel like family and their welcoming warmth is incredibly generous. The collection of restaurants in New Haven is incredible too; and East Rock is where I went to catch my solace.

What advice do you have for current students?

The advice I have for current students is to be engaged on campus and do as many things as you can, for your time at YSPH will fly by. Each interaction is invaluable. When you go to class, listen to each lecture and think about how that information or process is being applied in the real world. Talk to the YSPH staff regularly. They are incredibly refreshing

and humble, and they have insights that we students surely did not have at the time we were there. Stay in touch with your friends and they will be your support.

Were there any faculty or staff mentors who influenced your YSPH experience?

The faculty and staff at YSPH are incredible, starting with Dr. Mayur Desai, who is the "AP student whisperer." Dr. Yusuf Ransome showed us a side of humanity that we rarely see. Dr. Mark Schlesinger taught us how our governmental health system got where it is today and where it is going. Dr. Zack Cooper explained the economics of healthcare and how money impacts decision making. Dr. Jason Schwartz helped us figure out the maze of healthcare players and processes. Dr. Howard Forman led engaging colloquiums and brought transparency to ACHE student board meetings. Dr. Melinda Pettigrew made me realize that microbials can and will change my life and Dr. Catherine Yeckel explained to us the obesity pandemic. The YSPH administrative team is incredible too. Associate Dean for Student and External Affairs Dr. Frank Grosso always brought a firm hand and sensibility to discussions. Career Services Director Felicia Spencer gave us grounded career guidance. Admissions Director Mary Keefe is instrumental in bringing incredibly talented students to YSPH. Student Affairs Director Stacey Tuttle helped us balance our curriculum and goals in life. And of course Dean Sten Vermund is at the helm and always direct and humble in his conversations no matter who he is talking to. What an incredible team of people I was blessed to meet.

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ZOOM MEETINGS

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Physician Leadership Needed to Expand Access to Mental Health Services

According to the 2022 Mental Health America report, Florida ranks 49th in the nation in access to care for patients with mental illness. The significant impact of the COVID-19 pandemic has further strained resources and highlighted the failings of our current health care system to ensure access to those that need support. While the State of Florida has taken steps to focus resources and attention on this critically important matter, it is clear that more must be done.

Florida has been taking steps to build infrastructure to expand access to mental health services. Following one of the Grand Jury reports in the Marjory Stoneman Douglas High School shooting in Parkland in 2018, Governor DeSantis signed a bill into law creating the Florida Commission on Mental Health and Substance Abuse.

The charge of the Commission is to “examine the current methods of providing mental health and substance abuse services in the state and to improve the effectiveness of current practices, procedures, programs, and initiatives in providing such services; identify any barriers or deficiencies in the delivery of such services; and recommend changes to existing laws, rules, and policies necessary to implement the Commission’s recommendations.”

While the Commission continues to consider recommendations for changes in the laws and rules associated with access to treatment, there are a couple immediate steps that public officials can take to expand services for those in need. It is here where physicians really need to be engaged in discussions to encourage lawmakers to institute meaningful change.

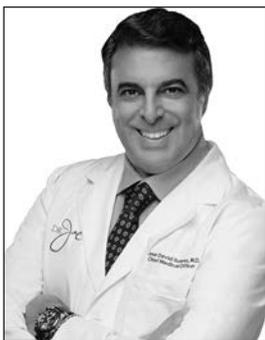
There has been a significant increase in mental health services being rendered via telehealth since the start of the pandemic. During the 2022 Florida Legislative Session, lawmakers are considering several bills that would advance telehealth services in the State. One bill would add “Audio-Only” to the formal definition of Telehealth in the Florida Statutes. This is an important step forward for the state given the inability of many elderly residents and those in rural communities to access the technology and broadband required to effectively execute formal telehealth visits. For those with limited infrastructure or proficiency with technology, Audio-Only services can truly be a lifeline.

Another bill would require insurance carriers to pay the same rate for telehealth services as they would for a physician providing in-person care. This payment parity legislation is in effect in a number of states nationally and is an important safeguard for patients that have existing relationships with clinicians who are managing their chronic conditions and mental health.

Another measure that could be taken immediately is requiring the Medicaid Managed Care Companies to have sufficient mental health professionals in their networks. There have been several recent articles in South Florida highlighting this issue that is facing patients in our community. Mental health services are a covered benefit for Medicaid beneficiaries and if these reports are correct, some insurers are limiting utilization of this benefit simply by having insufficient mental health professionals in their network.

Your DCMA continues to advance pro-physician and pro-patient measures in our community. The significant deficiency we have in access to mental care services for patients demands our full attention. Your leadership is committed to continuing to press for solutions as we prepare for the full impact of the pandemic on mental illness to be revealed.

Dr. Jose David Suarez is President, Dade County Medical Association, Inc.



BY JOSE DAVID SUAREZ, MD

When It Comes to Patient Care, Is One Person Killing the Experience?

For whatever reason, when traveling, I prefer to get the earliest flight possible. Departing Fort Lauderdale at 6 a.m. can put you on the ground in Philadelphia by 8:15 a.m. This past Monday, that was the plan. Probably, like all the other passengers that morning, I was up at four and headed out to the airport to navigate what would hopefully be a short TSA line. Minutes before boarding, the dreaded announcement came. “Ladies and gentlemen, we are still waiting on one crew member. Once they arrive, we will begin boarding. Right now, we are looking at about a half hour delay.” Did this person hit traffic? Not likely at this hour. Arriving late on an incoming flight? Doubtful as well.



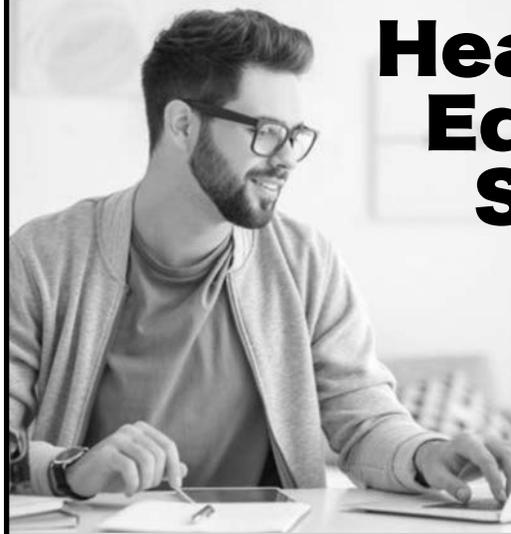
BY JAY JUFFRE

As other passengers moaned and speculated, because of where I was seated, I had the inside scoop. “He probably slept in again,” I heard the supervisor whisper to the gate agents. “We could be delayed for a while.” A half hour turned into an hour. At the one hour 20-minute mark, I overheard the supervisor tell the agents, “Now, he says he is too sick to come in. We are looking for a sub.” One hour turned into two. The tension and frustration from the other passengers continued to grow.

By the time they announced that anyone with connecting flights should start rebooking, I thought society was literally going to break down around me. Now, far be it for me, to compare healthcare to air travel, but the same thing may be going on in our organizations every day. Often, we can do everything nearly perfect, but one bad apple ends up ruining everything. We make excuses on why the receptionist, nurse, janitor, or whomever, keeps hurting what would otherwise be excellent patient care and experience. Who on your team is holding you back? Simply identify, retrain, or eliminate them. Your patients and their families will thank you.

Jay Juffre is Executive Vice President, ImageFIRST. For more information on ImageFIRST, call 1-800-932-7472 or visit www.imagefirst.com.

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Cardiologist David Snipelisky, MD, Joins Cleveland Clinic Florida's Weston Hospital

David Snipelisky, M.D., has been appointed as a cardiologist at Cleveland Clinic Florida's Weston Hospital. Prior to joining Cleveland Clinic in Florida, Dr. Snipelisky was Clinical Faculty Director of Cardiomyopathy at WellStar Kennestone Hospital in Marietta, GA. Additionally, he was part of the clinical teaching faculty at the Graduate School of Medical Education at WellStar Kennestone Hospital. Dr. Snipelisky earned his medical degree at Florida State University College of Medicine. He completed his residency in internal medicine and a fellowship in cardiovascular diseases at Mayo Clinic, and an advanced fellowship in heart failure and transplantation from Brigham and Women's Hospital, Harvard Medical School.



Dr. David Snipelisky

General Surgeon Georgios Hatzoudis, MD, Joins Cleveland Clinic Martin Health

Cleveland Clinic Martin Health welcomes board-certified general surgeon Georgios Hatzoudis, M.D. Dr. Hatzoudis completed medical school at University of Athens Medical School in Greece. He completed the general surgery internship program and residency program at Washington Hospital Center in Washington, DC. He is fellowship trained in liver-kidney-pancreas-intestine transplantation at University of Nebraska Medical Center in Omaha. Prior to joining Martin Health, Dr. Hatzoudis has practiced as a general surgeon in New York. He was also Director of Surgical Oncology and Trauma at Richmond University Medical Center Staten Island and was Surgical Director for Kidney-Pancreas Transplant at Avera McKennan Transplant Institute in Sioux Falls, South Dakota.



Dr. Georgios Hatzoudis

Gastroenterologist Juliana Rodrigues, DO, Joins Cleveland Clinic Martin Health

Cleveland Clinic Martin Health welcomes board-certified gastroenterologist Juliana Rodrigues, D.O.

Dr. Rodrigues earned her Doctor of Osteopathic Medicine degree at Rowan University School of Osteopathic Medicine in New Jersey. She completed an internal medicine residency program at West Palm Hospital/Nova Southeastern University College of Osteopathic Medicine in West Palm Beach.

Dr. Rodrigues completed the gastroenterology fellowship program at Genesys Regional Medical Center/Michigan State University College of Osteopathic Medicine and is fellowship-trained in advanced endoscopy from Geisinger Medical Center/Temple University School of Medicine in Pennsylvania.

Prior to joining Martin Health, Dr. Rodrigues served as a staff physician-gastroenterologist in New Jersey and New Hampshire. She is board-certified by the American Osteopathic Board of Internal Medicine.



Dr. Juliana Rodrigues

Concierge Medicine Physician Melissa Walther, MD, Joins Cleveland Clinic Indian River Hospital

Cleveland Clinic Indian River Hospital welcomes board-certified family medicine physician Melissa Walther, M.D., as a concierge medicine practitioner. Dr. Walther received her medical degree with distinction from Northwestern University's Feinberg School of Medicine in Chicago and completed her residency at Providence Medical Center-Seattle. Dr. Walther brings 25 years of experience providing exceptional patient care to the Treasure Coast. Previously serving as a family physician at Parkview Health in Fort Wayne, IN, she consistently achieved outstanding scores in quality and patient satisfaction and received Parkview Foundation's Guardian Angel award for service excellence. Dr. Walther is highly experienced in managing the care of older, medically complex patients who require enhanced specialty care coordination, and as an Ironman triathlete, also has a special interest in caring for lifelong athletes.



Dr. Melissa Walther

Pulmonologist and Critical Care Specialist Sanjiv Tewari, MD, Joins Cleveland Clinic Indian River Hospital

Cleveland Clinic Indian River Hospital welcomes Sanjiv Tewari, M.D., as the Medical Director of Critical Care.

Dr. Tewari completed his medical degree at the University of Alberta, residency in internal medicine at Summa Health System in Akron, and a pulmonary and critical care fellowship at Cleveland Clinic in Ohio.

Dr. Tewari has served on multiple boards and committees and has contributed to numerous research publications, book chapters and presentations. He has been an active educator and has academic appointments at NEOMED and at the Cleveland Clinic Lerner College of Medicine.

Dr. Tewari is a member of multiple professional societies including the American College of Chest Physicians, the Society of Critical Care Medicine and the American Thoracic Society. He has completed his Masters of Studies of Law recently and is a member of the American Bar Association.

Prior to leaving Cleveland Clinic Akron General in Ohio, Dr. Tewari served as the Department Chair of Internal Medicine for many years and he was the South Region Director for the Respiratory Institute at Cleveland Clinic.



Dr. Sanjiv Tewari



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Kindred Rehabilitation Services and South Florida Health Announce Plans for Inpatient Rehabilitation Hospital

Kindred Rehabilitation Services and South Florida Health announced a joint venture to build and operate a 40-bed inpatient rehabilitation hospital located on land adjacent to Broward Health Medical Center in Fort Lauderdale.

The new hospital will have all private rooms and focus on acute rehabilitation for patients who suffer from stroke, traumatic brain injury, spinal cord injury, complex neurological disorders, orthopedic conditions, multiple trauma, amputation and other injuries or disorders. The rehabilitation facility will also feature multidisciplinary therapy gymnasiums outfitted with the latest therapeutic technologies, including augmented reality balance training, therapy bionics and a full-body exoskeleton. Additionally, it will include a therapeutic courtyard with exterior amenities to support patient care and help patients return to daily living activities.

“We are excited to work with South Florida Health and Broward Health – one of the 10 largest public healthcare systems in the U.S. – to increase access to high-quality inpatient rehabilitation services in South Florida,” said Russ Bailey, President, Kindred Rehabilitation Services. “As with our existing rehabilitation hospitals across the country, this new hospital will be dedicated to passionately advocating for patients and providing the hope, healing and recovery they need.”

“We are thrilled to be able to bring much needed rehabilitation services to the citizens of Broward County,” said Jim Petkas, CEO of South Florida Health. “And working with a high-quality organization like Kindred Rehabilitation Services will ensure that the level of service is of the highest order.”

“One of Broward Health’s primary goals is to increase access to high-quality care,” said Shane Strum, President and CEO of Broward Health. “This new hospital, and the collaboration with Kindred Rehabilitation Services and South Florida Health, will help ensure that our patients have the ability to seamlessly transition from the recovery setting into rehabilitation, receiving care close to home as they reclaim their lives.”

The hospital is expected to open in Q3 2023.

Around the Region... Around

LeadingAge Florida Promotes Dawn Jiménez to Chief Operating Officer



Dawn Jiménez

LeadingAge Florida announced the promotion of Dawn Jiménez to the position of Chief Operating Officer. Jiménez most recently served as the association’s Vice President of Operations, where she was responsible for overseeing its continuing professional education and events, group purchasing, event exhibits and sponsorships.

In her new role, Jiménez will continue to oversee LeadingAge Florida’s daily operations, as well as driving operational efficiencies, managing new member growth initiatives and implementing innovative non-dues revenue strategies.

A graduate of St. Mary’s College of California, Jiménez earned a degree in Industrial and Organizational Psychology and was a member of the college’s first National Champion women’s soccer team.

Alison Mincey, J.D., Named Chief Human Resources Officer for University of Miami Health System and Miller School of Medicine



Alison Mincey

Alison Mincey, J.D., has been named chief human resources officer at the University of Miami Health System and the Miller School of Medicine.

Mincey joins UHealth from The Ohio State University Wexner Medical Center, where she served on the leadership team as senior associate vice president, human resources. Prior to her work at OSU, she spent seven years at Mutual Nationwide Insurance Company where she was responsible for legal support and governance oversight of the Fortune 100 company’s human resources organization.

Mincey has been active in community organizations throughout her career, leading a campaign to support the Mid-Ohio Food Bank, serving on the local Workforce Development Board, and receiving a community service award from Columbus City Schools. She also recently earned an inaugural HR Impact Award from Columbus’ Business First.

NCH Welcomes Margaret Dimond as Chief Administrative Officer of the NCH Physician Group



Margaret Dimond

The NCH Healthcare System is pleased to share that Margaret Dimond, Ph.D., was appointed the role of Chief Administrative Officer of the NCH Physician Group and will be working alongside Dr. Bryan Murphey, Ambulatory Chief Medical Officer, in their dyad model.

Margaret comes to NCH from McLaren Oakland Hospital in Pontiac MI, where she served as the President and CEO for over four years. She has also served as President and CEO of the Karmanos Cancer Hospital and President and CEO of the McLaren Medical Group, both within the McLaren Health System. She has held the position of Vice President and Chief Operating Officer for Henry Ford Hospital Warren campus, and Vice President of Ambulatory Services for Henry Ford Hospital in Detroit. She also served in the position of Assistant Dean for the Michigan State University College of Human Medicine and Physician Practice Plan.

Margaret earned her Bachelor of Arts from St Mary’s College, Notre Dame and a Master of Social Work from Boston College. She has a Master of Public Administration from the University of Michigan and a Doctor of Philosophy from Michigan State University. She was recently honored as a Distinguished Alumnae by the Michigan State University College of Social Sciences.

PūrWell Offers Pain Relief Without NSAIDs

PūrWell launches PūrRelēf, a first-of-its-kind organic gummy that provides a safe and effective alternative to NSAIDs (Non-Steroidal Anti-Inflammatory Drugs.) Millions of people rely on NSAIDs to control symptoms of chronic pain and inflammation, however, NSAIDs come with some risk. Studies have shown they may cause toxicity to one’s liver, kidneys, and upper GI-tract. PūrRelēf combines powerful flavonoids from Skull Cap and Green Tea to provide extraordinary anti-inflammatory support, while added benefits of Boswellia and Turmeric supercharge the anti-inflammatory action. CBG and Delta-8 isolate round out the overall analgesic effects. Unlike NSAIDs that may cause undesirable side effects, PūrRelēf is a combination of GRAS (Generally Regarded As Safe) ingredients, that have shown no toxicity over periods of long-term use. It is a COX-1, COX-2 and 5-LOX inhibitor. PūrRelēf’s convenient form makes it easy to consume, and the Appleberry flavor is derived from organic fruit extract.



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A message from our President

So, What Can We Expect in 2022?

Well, let's talk about the SFHHA.

2022 is a year of revitalization. We, like you, have learned what does and does not work during a never-ending pandemic. We all thought that virtual meetings would be our future. I know that most non-profit organizations in early 2020 shifted gears and transitioned to virtual meetings in an abundance of caution and a dearth of information, at that time, on this circulating virus.

In the beginning, this was exciting technology time! Using platforms like ZOOM, Teams, etc., our usual face-to-face, family-style meetings turned into technological wonders (at least, for me). We increased our ZOOM subscription to take advantage of more available options and our aggressive schedule of educational programs was underway. Through the first few months of 2020, when more people than not were working from home, attendance at our virtual events was amazing. Depending on the subject of the programs, attendance was routinely in the 50+ range.

We further pivoted our annual healthcare summit conference to a virtual event bringing in international speakers to talk about the challenges being presented by the COVID-19 response and attendance continued to exceed expectations. Then, realities set in.

Our usual sponsors began to question whether their value expectations were being met when our events were virtual versus face-to-face. At the same time, our Board of Directors, consisting mostly of healthcare professionals, and our medical director were all advising that in the interest of public safety and consistent with the experiences that all our chief executives were having at their hospitals, skilled nursing facilities, and

medical clinics, we needed to remain virtual. Moreover, our attendance began to decline as our members and friends began to suffer the "too much on my plate," reality as many had to return to work after having worked from home and staffing realities left little time, or desire, to participate in one more virtual event.

Well, we are two years down the road and are now seeing the Omicron variant, hopefully, burning itself out. What we also know is that over the last two years, we have gained much more knowledge about the many faces of COVID-19 and how to protect ourselves from being infected (masking and distancing) or, if infected, what we need to do individually (vaccination and booster) to minimize the chance that we might require hospitalization.

Yes, 2022, will be a year of revitalization. With advice and counsel from our Board of Directors and our medical director, we will be pivoting yet again to offer more face-to-face opportunities this year. In several planning sessions with our Board, we have identified an exciting array of programs that we believe will hit the mark for our entire membership.

In the coming weeks, look forward to receiving a survey from us asking for your input. What we have also discovered over this last two years is that what seem to be important topics to us, do not necessarily resonate with our members and friends.

2022 will be an exciting year. Cheers!



Jaime Caldwell

Cover Story: ACHE of South Florida Member Spotlight: President Oyinkansola "Bukky" Ogunrinde

Continued from page 1
organizations.

"One of my goals is to make sure that all members feel included with a focus on diversity, equity, inclusion and belonging, and to ensure that members of different backgrounds and orientations feel that they belong here and are welcome to interact," she said.

"I also want to prioritize our members' well-being, which is more critical than ever before," she added. "Not only do we suffer from the pandemic like the rest of the population, but as the healthcare provider community, we have the obligation of taking care of everyone else."

Ogunrinde, the founder and chief practice transformation officer for Funmi Healthcare Consulting, where she provides physician practice and ambulatory care management services, joined ACHE in 2007 and the South Florida chapter in 2016.

"I joined because ACHE is the premier organization for healthcare professionals and leaders, and as an administrator in healthcare management, which is a relatively small world, I was looking to grow professionally," she said. "ACHE provides educational programs and the ability to network, along with personal and

professional development opportunities.

"I found mentors through ACHE who helped make me the leader that I am today, and now it's time to give back since I have received so much," she added.

Ogunrinde has already held her first planning meeting with board members and has scheduled an annual member meeting in February. "We want to talk to members, update them on what happened last year and what we're planning for this year, and get them excited," she said.

"It's important that our members be active participants, which is why I want to speak to them directly about the opportunities that ACHE provides," she continued, adding that members can become engaged by serving on any one of the organization's five standing committees (educational programming, networking, membership, student services and sponsorship).

"Membership engagement is very important to me," she added. "Being a part of ACHE is synonymous with being in the profession, and our mission is to give our members the tools they need to operate effectively as leaders—especially during these trying times."



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Barry University With La Barra Films Produces Its First-Ever Full Length Film to Celebrate Black History Month

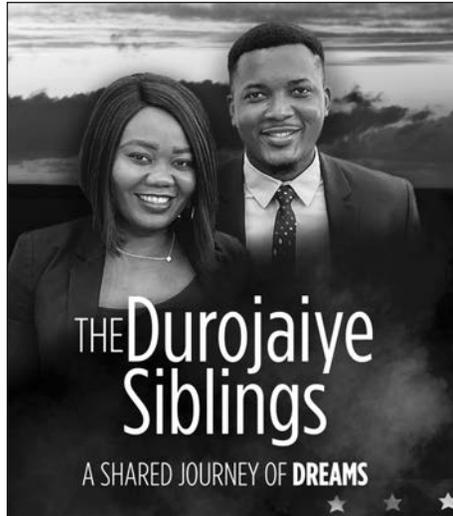
Barry University's College of Nursing and Health Sciences is proud to showcase a celebration of Black History Month with a touching alumni tribute. The joy of one incredible alum overcoming family trauma, then going on to secure a prestigious healthcare administrative fellowship is certainly noteworthy, but when a brother and sister both accomplish these feats, it's a story we are honored to share.

"The Durojaiye Siblings: A Shared Journey of Dreams" will make its premier at a Virtual Watch Party on February 19, 2022 at 7:00 pm. Assistant Professor, Dr. Jeffrey Ritter, will host the evening and will lead a virtual Q&A with the Durojaiye Siblings, and Oyinkansola Ogunrinde, president of ACHE of South Florida (ACHE-SFL), immediately following the film premier.

"It is exciting to know our College of Nursing and Health Sciences has been part of creating this first-ever documentary highlighting two former CNHS graduate students. I am grateful these distinguished alums are willing to share their journeys with the world. I think many who watch this film will see qualities within themselves exemplified in siblings Bukky and Dapo. I believe their grit and dedication to reaching their dreams will inspire you. It is stories like this that showcase the pride we have in our students and their incredible commitment to improving both healthcare and the lives of others," Dr. John McFadden, Dean.

The film takes us on a journey, as the Durojaiye Siblings take a chance on the Nigerian VISA lottery, move together to the United States and succeed first in banking, then in a dual master's degree program at Barry University, which propels each to a competitive fellowship opportunity at renowned U.S. hospitals.

The film, written by Zac Rigg and filmed by Antonio Paris and Francisco Roa, introduces Olubukola (Bukky) and Oladapo (Dapo) Durojaiye. Along with their immediate family members, the pair entered the



Nigerian lottery taking a chance for a future in America. As luck would have it, the siblings were both selected and moved together to Missouri in July 2014. Learning a new culture and creating connections proved an arduous task, but through commitment and determination they created a path full of integrity, dedication and an obvious passion for helping others.

Starting part-time, then promoted to full time, the siblings both earned promotions and started bright futures in banking. Dapo enjoyed banking, but wanted to return to his original career plan – to work in healthcare, so he researched and started the Master of Science in Health Services Administration and Master of Science in Public Health, a dual degree program at Barry University. Intrigued, Bukky was quick to enroll in the dual degree program as well and their experiences ignited a formidable desire that could not be extinguished.

Watching this film, viewers will see how their journey unfolds and undoubtedly be inspired by their commitment to family, culture, education and fellow humans. A testament that with hard work and dedication, dreams can indeed come true.

MDC Homestead Campus Opens New Nursing Simulation and Skills Center

Miami Dade College (MDC) Homestead Campus recently hosted a ribbon-cutting ceremony for its new Benjamin Leon School of Nursing, Simulation and Skills Center, a state-of-the-art learning environment and training center that will prepare students to deliver excellent patient care.

The Benjamin Leon School of Nursing, Simulation and Skills Center at the Homestead Campus is designed to prepare individuals with the evidence-based principles and skills necessary to successfully perform in real-world clinical settings by helping them reduce errors, improve safety, and elevate the quality of patient care.

This 4,850 square foot facility features a control room, two simulation rooms, two debriefing rooms, two skills wings, and a health assessment wing. This supportive learning environment where our MDC Nursing students will thrive, can also be utilized for interdisciplinary collaborative efforts with the South Dade healthcare community and other health-related programs within the college.

Students will ensure their professional competency by mastering skill application, clinical judgement, and critical thinking skills in a non-threatening environment. This one-of-a-kind health training venue will provide much needed resources and expertise for the ever-growing community of South Dade and beyond.

To learn more and to register for classes, visit www.mdc.edu/homestead.



Lee Health Creates Greater Accessibility to Care Through Internal Medicine Residency Program and Clinic

Southwest Florida community members will now have additional access to care in Cape Coral.

A new Lee Health internal medicine residency clinic has opened as part of the recently announced Florida State University College of Medicine Internal Medicine Residency Program at Cape Coral Hospital/Lee Health.

The program received initial accreditation in September and approval to begin recruiting its first class of residents, who are expected to begin training on July 1. The residency program, which takes three years to complete, is approved to accept 12 residents a year for a total of 36 at full capacity.

"Through this new residency program and clinic, Lee Health is developing well-educated, highly trained physicians, creating greater accessibility to needed care in the community," said Dr. Maja Delibasic, program director of the Internal Medicine Residency Program at Lee Health/Cape Coral and associate professor of Clinical Sciences at Florida State University College of Medicine. "Our hope is that the majority of the residents we train stay here in Southwest Florida once they complete their residency."

While the residency program will be based at Cape Coral Hospital, it will offer opportunities for residents to also train and see patients at the new Cape Coral Internal Medicine Residency Clinic with oversight from several faculty physicians who will begin practicing at the clinic once it opens.

The new clinic – formerly a bank – underwent extensive renovations before opening to the public. It has ten exam rooms, a room for small outpatient procedures, and a designated room for vaccine administration and blood work. Plans are being made for the clinic to have a psychologist and social worker in the future.

The residency program is currently in the recruitment process, receiving nearly 1,700 applications to date, including more than 1,000 in the first 24 hours. Match Day will take place on March 18.

FSU College of Medicine is also the academic sponsor of a family medicine residency program at Lee Memorial Hospital, a Global Health Fellowship program, and a postdoctoral psychology fellowship training program. This will be the fourth academic teaching program Lee Health offers in partnership with the Florida State University College of Medicine.



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Toward a Healthier Nursing Workforce

As the first months of 2022 begin to unfold, so does the opportunity for a new beginning. This year, let our New Year's resolution be to establish and maintain health care environments that are as healthy for nurses as they are for their patients. We have the knowledge and tools necessary to accomplish this resolution.

Linked to pioneers like Florence Nightingale, nursing has long been considered the most trusted profession. We know that without high-quality, appropriately staffed nursing care, health care systems are unsustainable. Without nurses, hospitals can't save lives. Consequently, the well-being of nurses is central to provision of health care and to the viability of health care systems.

During the COVID-19 pandemic these past two years, frontline health care workers have faced well-documented struggles that have taken a deep, ongoing toll—mental, emotional, and physical. Nurses, such as those caring for patients with COVID-19, often provide a near-constant presence at the patient's bedside for extended periods. Thankfully, there exists an evidence-based blueprint for improving nurse well-being that can guide us toward fulfilling our 2022 resolution.

The central elements of this blueprint are encompassed in the standards of a healthy work environment. Healthy work environments will attract and retain nurses. Compensation is just one of many factors that must be considered. In my recently coauthored editorial for the *American Journal of Critical Care*, I outlined the six standards for establishing and sustaining healthy work environments that have been articulated as essential by the American Association of Critical-Care Nurses (AACN). The six standards are: skilled communication, true collaboration, effective decision-making, appropriate staffing, meaningful recognition, and authentic leadership.

These standards, taken together, will enable nurses to control nursing practice, deliver excellent care, and be full partners in



BY CINDY L. MUNRO, PHD, RN, ANP-BC, FAAN, FAANP, FAAAS

health care delivery. Healthy work environments maximize the contributions of nursing, improve nurse well-being, and have the potential to mitigate the stresses accompanying pandemic care. What is required is the will and the resources to create and maintain healthy work environments, and this commitment is even more urgent in our current crisis.

We have learned a great deal in the two years since we celebrated the first-ever International Year of the Nurse and Florence Nightingale's 200th birthday in 2020. Despite health system staffing crises and many other challenges that have come to light amid this ongoing pandemic, there is still much to be optimistic about when it comes to the nursing profession. Among those reasons for optimism I count our school's 563 nursing students and 550 public health and health science students, not to mention the more than 600 students we graduated in 2021.

New students are committing to the health professions in droves with their eyes wide open. Veteran nurses are finding new ways to make a difference through advanced degrees, advocacy, research, and leadership. They will propel nursing toward new horizons. To help realize their vast promise and potential, I and other nurse leaders must seize this moment to fully embrace the imperative of a healthy work environment, authentically live it, and engage others in its achievement. Restoring the well-being of nurses through improving the health care work environment will have broad benefits for patients, families, the health care team, health systems, and society. The need is urgent, and the time is now. We at the University of Miami School of Nursing and Health Studies are committed to this novel, optimistic, world-changing profession.

Cindy L. Munro is Dean and Professor, University of Miami School of Nursing and Health Studies.

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How GME Programs Continue to Thrive

The internal medicine resident physicians in the University of Miami at Holy Cross Health Graduate Medical Education program have a unique opportunity to grow and expand their experiences while providing a valued service to the community through Holy Cross Health's MD ASAP. Our resident physicians have completed their medical degree and are in training to specialize in Internal Medicine.

As a commitment to improving access to outstanding primary care services to patients and the community, Holy Cross Health has a same-day primary care practice, MD ASAP, which is staffed by University of Miami – Holy Cross Health Internal Medicine faculty and resident physicians. MD ASAP targets patients who need same-day care, need to establish with a new primary care doctor or are unable to see their own doctor. Our residents practice in two sites, one in the Holy Cross Health medical office building across from the Holy Cross Healthplex and the other at the Holy



BY **FREDERICK K. WILLIAMS, MD, FACP**

Cross office in Wilton Manors.

Involving our resident physicians in MD ASAP as part of their training has many benefits:

Volume of diseases: Because we see a vast array of patients, many for a same-day appointment through MD ASAP, resident physicians are introduced to diverse illnesses with an acute presentation every day during the work week. This allows the patients to have

their illness addressed immediately and enables resident physicians to learn from the sheer volume of cases that come in.

Collaboration and continuity of care: The team-based approach to care, the team's full access to electronic medical records and the fact that patients who are seen through MD ASAP are referred back to their primary physician if there is one, means that resident physicians learn to better collaborate, communicate and provide continuity of care. We have 42 residents in our offices at different times maintaining that continuity and communication. Our approach allows for a more in-depth assessment and a plan tailored

specifically to patients with services designed to help those in need. Resident physicians utilize their interpersonal communication skills to communicate and develop a rapport with patients which is critical. Residents also hone their communication skills collaborating with fellow residents and staff physicians.

Partnerships: The partnerships that are created between the hospital, physician groups and clinical practices increase the access resident physicians have to other physicians and to a large referral network.

Pipeline for physicians: Residencies can lead to full-time positions with hospitals and physician groups. That's a benefit to both the resident physician and the physician practice group. For resident physicians, that means a full-time position in an already-familiar environment. For the hospital and physician group, this ensures that the best and brightest resident physicians will continue providing the highest quality health-care in South Florida.

A win-win-win: Patients benefit twofold with access to a team approach to care, as well as longer appointment times that allow more face time with our physicians. Our resident physicians ben-

efit from exceptional training and future career opportunities, particularly in South Florida where there is an increasing demand for primary care physicians. The hospital system benefits by having access to exceptional resident physicians added to their staff; while referring physicians can rest assured that their patients will be served expeditiously and with the utmost compassionate care, with records sent to referring physicians for follow-up care.

As a primary care physician for 30 years, training the next generation of doctors has been the most fulfilling part of my career. I am so fortunate to continue this mission as director of the Internal Medicine Residency Program at Holy Cross as we partner to deliver the highest quality of care to our vibrant and unique community.

Dr. Frederick K. Williams is Associate Professor of Clinical Medicine at University of Miami Miller School of Medicine and Designated Institutional Official at University of Miami Hospital and Clinics, and Program Director, Internal Medicine Residency, University of Miami at Holy Cross Health Graduate Medical Education. He can be reached at (954) 938-3359 or fwilliams1@med.miami.edu.

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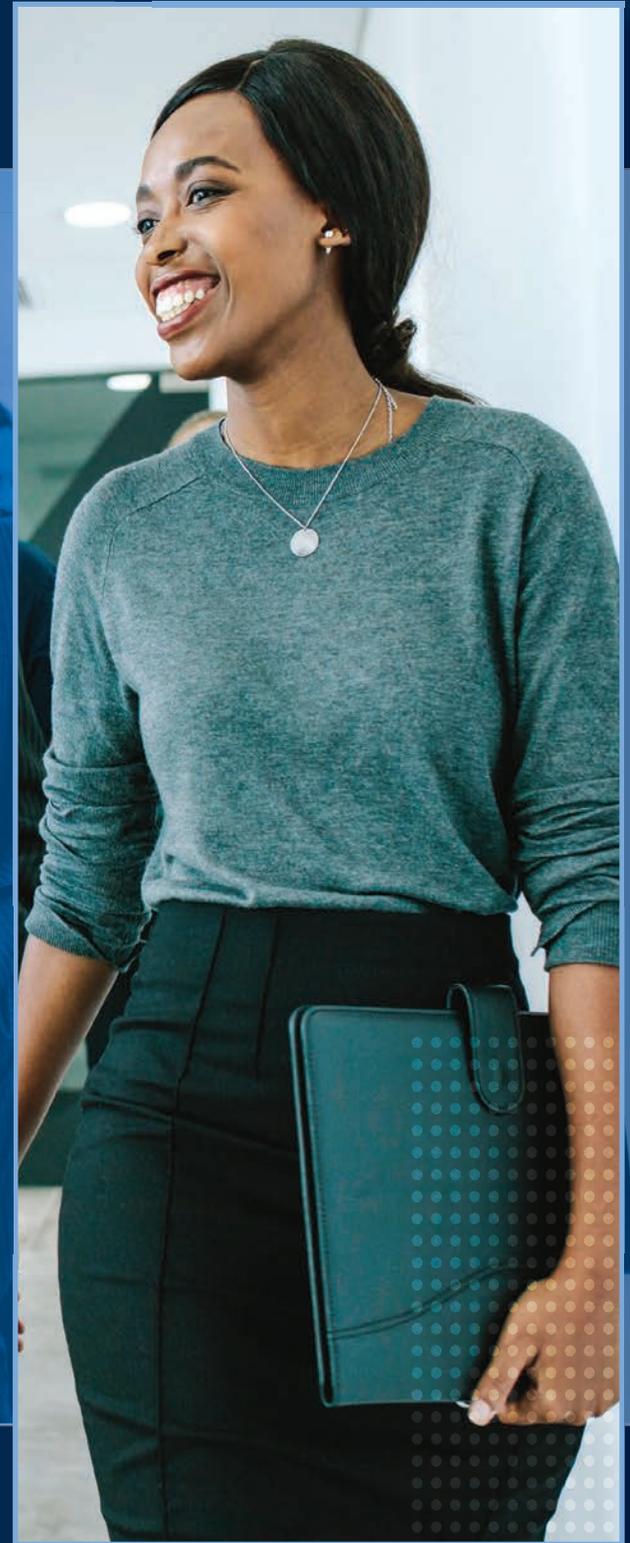
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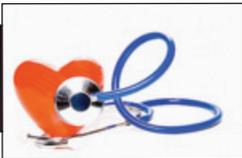
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Robinson Heart & Vascular Institute at Jupiter Medical Center Provides Renowned Cardiac Care

BY DENISE MOORE

For many decades, patients with structural heart diseases could only be helped with open-heart surgery. Thanks to advancements in cardiac care, however, new options are now available for patients suffering from many types of heart disease.

Today, minimally invasive approaches designed to treat heart conditions can offer alternatives to traditional open surgeries. Structural heart specialists can replace heart valves and repair structural heart defects without the large incisions used in standard open-heart surgery. These small incision surgeries and “transcatheter” procedures are less invasive and often result in less pain, less scarring and a shorter recovery period.

Structural heart disease refers to defects in the valves, or walls of the heart chambers. The term also encompasses conditions that one is born with, acquired by injury, infection or developed over time by aging. Structural heart conditions may include:

- Aortic valve stenosis
- Aortic insufficiency



Dr. William Kokotos

- Mitral valve regurgitation.
- Tricuspid valve regurgitation
- Hypertrophic cardiomyopathy
- Holes in the heart, including atrial septal defect (ASD) and patent foramen ovale (PFO)

Additionally, arrhythmias, such as atrial fibrillation may have structural heart implications because they can lead to blood clots forming within the left atrial appendage of the heart.

Recognizing the need for more advanced treatment options, The Robson Heart & Vascular Institute at Jupiter Medical Center created a dedicated Structural Heart Program. Led by William Kokotos, M.D., a pioneer in structural heart procedures, his addition to the hospital’s heart center further expands the treatment options for patients with heart disease. Dr. Kokotos was Chief of Cardiac Surgery at NYU Langone Hospital-Long Island (NYULH-LI) prior to his tenure at Jupiter Medical Center. He initiated and directed the program that performed the first commercial percutaneous mitral valve repair on Long Island, NY.

Under Dr. Kokotos’ direction, specialists

at Jupiter Medical Center recently introduced innovative alternatives for patients suffering from life threatening or life altering cardiac issues including:

Transcatheter aortic valve replacement (TAVR): This minimally invasive procedure treats patients diagnosed with aortic valve stenosis. During the procedure a catheter is inserted via an artery. The catheter is used to place a new valve within the diseased valve. Once the new valve is secure, the catheter is removed. The replacement valve takes over for the diseased valve and helps regulate blood flow from the heart.

MITRACLIPTM : This is a percutaneous minimally invasive procedure to treat a leaking mitral valve. It is used as an alternative for the high-risk patient, rather than undergoing traditional open cardiac surgical intervention. This is a catheter-based procedure that is performed from the groin.

WATCHMANTM: The WATCHMANTM procedure offers an alternative for patients with atrial fibrillation (AFib) who need an alternative to blood thinners. The WATCHMANTM implant is designed to close the heart’s left atrial appendage. The device permanently reduces the risk of atrial fibrillation related stroke. Atrial fibrillation is the most common cause of

stroke as we get older.

TAVR, MITRACLIPTM and WATCHMANTM are just some of the revolutionary cardiac procedures at Jupiter Medical Center. Additional structural heart procedures include:

- Transcatheter mitral valve replacement
- Minimally invasive surgical valve repair or replacement
- Percutaneous closure of Atrial Septal Defects/Patent Foramen Ovale (PFO) Closure
- Balloon valvuloplasty
- Minimally invasive treatments for atrial fibrillation. Convergent procedure
- Minimally invasive treatments to prevent thrombotic complications associated with atrial fibrillation. These treatments include the watchman device and thoracoscopic ligation of the left atrial appendage.
- Alcohol septal ablation

Patients suffering from cardiac conditions should talk to their doctor about their individual diagnosis and treatments that may be right for them. Jupiter Medical Center’s Valve Clinic evaluates patients to determine the most appropriate treatment options.

To speak to the Valve Clinic Coordinator, call (561) 263-3767. For more information, visit jupitermed.com.

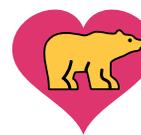
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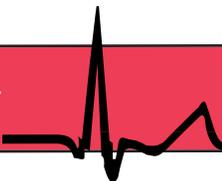
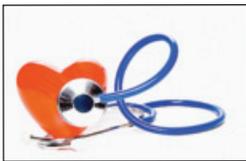


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Cancer Patients with Heart Issues Benefit from Advanced Imaging Tech at Miami Cardiac & Vascular Institute's Diagnostic Center

BY JOHN FERNANDEZ

Miami Cardiac & Vascular Institute's Diagnostic Center played a vital role during the pandemic, using the most advanced cardiac imaging technology to precisely diagnose and monitor heart conditions in cancer patients.

How do you diagnose cancer-related cardiac conditions? The team at the Diagnostic Center utilize advanced echocardiograms that measure how your heart muscle contracts to check your heart health. They use echocardiograms to create 3D models of your heart to see how well it pumps blood.

To say that running the Diagnostic Center has been challenging since the onset of the COVID-19 pandemic is an understatement. Safety protocols to protect patients and healthcare personnel have been in place from the beginning - and throughout the pandemic's surges

"We have our routine mix of cardiovascular patients that come from our cardiologists, and on top of that, there's our cancer patients, which are coming straight from the oncologists," explains Socrates V. Kakoulides, M.D., a cardiologist with Miami Cardiac & Vascular Institute and medical director of the Institute's Diagnostic Center, who has training and expertise in echocardiography and nuclear cardiology — advanced tests utilized in the diagnosis, management and follow-up of patients with heart disease.

"Some of these patients are being referred from our physicians who are following them clinically," he said. "And then throughout the year, depending on whether or not we're going through a surge here, we have patients who are recovering from COVID or may have been exposed to COVID. And so how do we keep our patients safe while they're in our space. It's a challenge - but we are getting it done."

The advanced echocardiograms at the Institute's Diagnostic Center deploy a technique known as "strain imaging." In cardiac imaging, the diagnostic medical sonographer can measure the rate of deformation of the ventricular wall in various dimensions, providing a more precise view of early myocardial (heart's muscular tissue) dysfunction. Heart fail-



Dr. Socrates V. Kakoulides

ure can be detected, which is when the lower left chamber of the heart (left ventricle) gets bigger (enlarges) and cannot contract sufficiently to pump the right amount of oxygen-rich blood to the rest of the body.

In cancer patients, grueling chemotherapy sessions can have an effect on the heart, especially in those with underlying health issues, such as hypertension, diabetes and atherosclerosis (hardening of the arteries).

hypertension, diabetes and atherosclerosis (hardening of the arteries).

The so-called strain echocardiography has functioned so well at the Institute's Diagnostic Center, that Baptist Health is looking to expand this imaging capability to other diagnostic facilities throughout the system.

"The reason why we do these echo studies on cancer patients is to make sure that they don't suffer from cardiac dysfunction while getting chemotherapy," said Dr. Kakoulides. "And, obviously, there are medical therapies that can be used to intervene so that we can keep patients on their chemotherapy should they develop heart dysfunction."

Echocardiographic imaging is vital for patient monitoring during what is known medically as "cardiotoxic cancer therapy." Left ventricular ejection fraction (LVEF) is the most commonly used parameter for identifying left ventricular dysfunction. But LVEF may lack sensitivity needed to detect subtle changes in cardiac function caused by early muscle cell damage from cardiotoxic cancer treatment.

Jorge L. Hernandez, a cardiac/vascular sonographer at the Institute, said there's a particular protocol for cardio-oncology patients.

"Strain echocardiography is particular to patients with cardio-oncology issues because the strain can pick up changes in their left ventricular function, or left ventricular wall, motion that the blind eye can't see," explains Mr. Hernandez. "So, we have state-of-the-art machines that have strain echocardiography and they allow us to provide a superior quality echocardiogram. It requires extra training for the technologists and certain physicians that are trained in understanding strain echocardiography. And that sets us above a lot of facilities that can't provide this service."



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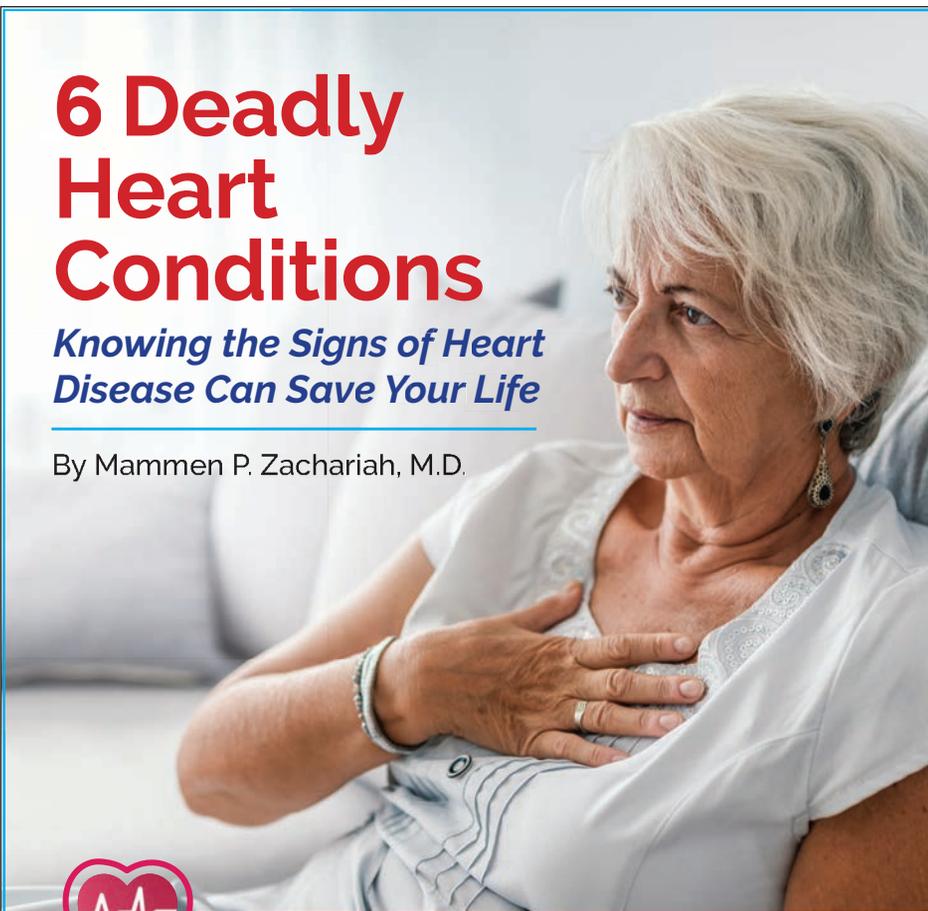
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6 Deadly Heart Conditions

Knowing the Signs of Heart Disease Can Save Your Life

By Mammen P. Zachariah, M.D.



Heart disease is the leading cause of death in the United States. With the heart, immediate treatment can lessen the damage and having access to a specialized cardiac team is crucial.

See a doctor if you have these symptoms:

- **Feelings of indigestion or heartburn, any discomfort, pressure, aching, burning, or squeezing or chest pain**
- **Shortness of breath**
- **Palpitations – irregular heartbeats or a “flip-flop” feeling in your chest**
- **An elevated heartbeat**
- **Weakness or dizziness, nausea or sweating**
- **Pain in the shoulders, arms, neck, throat, jaw or back**

If any of the above symptoms last five minutes or longer call 911 immediately.

5 Other Heart Conditions to Watch:

Heart Failure: occurs when the heart isn't pumping as strongly as it should. Symptoms include shortness of breath and swelling.

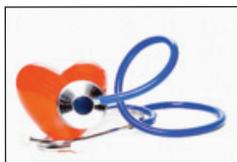
Arrhythmia: occurs when the heart beats out of rhythm. If untreated, arrhythmia can lead to stroke, heart failure or cardiac arrest.

Coronary Artery Disease: occurs when not enough oxygen rich blood is delivered to the heart. Symptoms can vary and many experience no symptoms.

Cardiomyopathy: reduces the heart muscle's ability to pump blood. Symptoms include irregular heartbeat, shortness of breath, exhaustion, ankle and leg swelling or fainting.

Heart Valve Disease: occurs when one or more of the valves doesn't work properly. Symptoms include unusual heartbeat, fatigue, shortness of breath and swelling of the lower extremities.

A multidisciplinary approach in cardiac care is key. For more information, visit BrowardHealth.org/CardiacCare or call 954.759.7500.



Cardiology

Redefining Cardiac and Vascular Care

BY KAI T. HILL

UHealth – University of Miami Health System is home to cardiac and vascular experts who pioneer and advance the latest diagnostic and surgical procedures. As an academic-based cardiac and vascular center, patients are provided with innovative, research-based approaches to clinical care for even the most complex cases. Leading experts from cardiology, cardiac surgery, and vascular surgery work collaboratively with subspecialists from several disciplines.

In 2021, the American Heart Association and Mitral Foundation recognized UHealth with the Mitral Valve Repair Reference Center Award for demonstrating a record of superior clinical outcomes resulting from evidence-based, guideline-directed degenerative mitral valve repair. Joseph Lamelas, M.D., chief and program director of cardiac surgery at UHealth and the University of Miami Miller School of Medicine, said of the recognition, “This is truly a team effort, and we are proud to be able to offer our patients the best possible outcomes in their journey to better heart health.” Dr. Lamelas pioneered a minimally invasive approach to cardiac surgery called “The Miami Method.” He performs five to seven mitral valve repairs and/or replacements each week. His approach, which offers quicker recovery, and reduced risk of infection and complications, is especially promising for high-risk patients who otherwise have limited surgical treatments. These excellent patient outcomes have been recognized with maximum star ratings by the Society of Thoracic Surgeons.

For patients with irregular heartbeats, the Center for Atrial Fibrillation offers leading-edge personalized care and innovative diagnostic tools and treatments that are only available at UHealth. Chief of the cardiovascular division, Jeffrey Goldberger, M.D., M.B.A., is the principal investigator of a National Institutes of Health-funded clinical trial that examines the role of epicardial fat on heart function and disease.

Dr. Goldberger, a renowned electrophysiologist, also developed “4D” MRI, an innovative approach to accurately measure the velocity of blood flow in the heart. Known for its comprehensive treatment options and risk modification programs, UHealth's expert cardiology team delivers in-depth and comprehensive care to each patient. “We are committed to improving the health and well-being of every AFib patient,” said Dr. Goldberger. “Our center will continue to be in the forefront of advancing care for this progressive disease.”

Luanda Grazette, M.D., M.P.H., professor of medicine at the Miller School and director of Advanced Heart Failure, Heart Failure Recovery and Therapeutic



(l-r) Dr. Jorge Rey and Dr. Jeffrey Goldberger



Dr. Joseph Lamelas

Innovation, oversees the newly expanded Heart Failure Program's advanced interventions that help prevent disease progression. This includes stem cell treatment and research, heart transplant at the Miami Transplant Institute at UM/Jackson Memorial Hospital, and ventricular assist device (VAD) placement.

Through the cardiovascular division's Preventive Cardiovascular Medicine Program, UHealth offers specialized care to patients with lipid disorders, high cholesterol or high triglycerides and other conditions that carry high risks for major vascular disease complications. Led by Carl E. Orringer, M.D., a top lipid expert and associate professor of medicine, the program incorporates genetic testing to better diagnose and treat patients and their family members.

Adding to UHealth's stellar cardiovascular and cardiac surgery programs, vascular surgeons, led by Jorge Rey, M.D., are experts in peripheral artery disease (PAD) and treat all types of aortic and vascular disease – saving the limbs of even complex PAD cases through advanced minimally invasive and hybrid surgical approaches, as well as traditional open surgery methods.

“What sets us apart is that we also have access to the latest clinical trials that involve new devices or investigational cellular treatments,” said Dr. Rey. “These are not yet available on the market, but are here in the context of our partnering with industry for clinical trials.”

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Rod, who had an irregular heartbeat, with **Demetrio Castillo, MD**

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More than that, "Dr. Castillo cared about him as if it was his own family member," said Rebecca, Rod's daughter.

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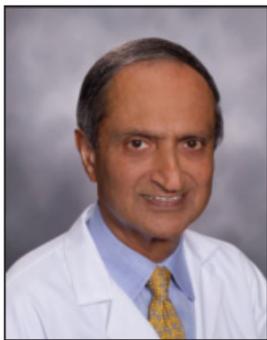
Watch Rod's story at [MHS.net/EP](https://www.mhs.net/EP)



Broward Health's Commitment to Advanced Heart Care

Broward Health is committed to investing in advanced cardiac services upgrades. With its more than 50-year history of providing heart care, Broward Health is considered a leader in cardiovascular treatments.

As one of the nation's top 10 largest public hospital systems, Broward Health's multidisciplinary team of experienced cardiac team provides comprehensive clinical, surgical and rehabilitative care.



Dr. Mammen P. Zachariah

Emergency Department. This provides cardiac patients and their families with a more seamless experience. The new cardiac suite includes two procedures rooms, seven patient care bays, an isolation room, a room devoted to echocardiograms, three diagnostic stress lab stations, and a spacious waiting room equipped with the latest patient

monitoring technology. The comprehensive cardiac and interventional radiology unit seamlessly combines interconnected services, providing patients with the highest quality, timely care.

"Patients also have access to screenings and diagnoses as well as treatment for cardiovascular conditions such as chest pain, heart attacks, heart failure, heart valve problems, cardiogenic shock and more," said Randy Gross, CEO of Broward Health Imperial Point.

At Broward Health Coral Springs, patients also have access to advanced screenings and diagnoses in the hospital's expansive cath lab that includes four patient care bays and is equipped with the latest patient monitoring technology.

"The goal of our cath lab is to help



improve the overall health of the community where our physicians perform a variety of diagnostic tests associated with cardiac and vascular diseases, so patients are treated closer to home," said Jared Smith, CEO of Broward Health Coral Springs.

A Leader in Cardiac Technology

In bringing the latest in cardiac care to Florida, Broward Health Medical Center recently established a robotic electrophysiology program to treat heart rhythm disorders. By partnering with Stereotaxis, a global leader in innovative robotic technologies for cardiac arrhythmias, the Fort Lauderdale hospital expands access to advanced minimally invasive heart treatments.

Broward Health Medical Center is the only hospital in South Florida offering robotic-assisted procedures to treat patients suffering from arrhythmias and is the first in Florida, and among the first in the nation, to adopt the latest Genesis Robotic Magnetic Navigation system.

Broward Health Medical Center was also the first hospital in Broward County to offer patients with non-valvular atrial fibrillation (NVAf), an alternative to long-term blood thinners with the next-generation WATCHMAN FLX Left Atrial Appendage Closure (LAAC) implant.

The WATCHMAN FLX, which was approved by the U.S. Food and Drug Administration, may reduce the risk of stroke in patients with NVAf who need an alternative to oral anticoagulation therapy. Since its inception, more than 300 procedures have been performed in seven years.

In addition to being the first in bringing this technology, Broward Health is part of a large-scale clinical trial looking to expand the patient population eligible for the Watchman FLX.

A clinical study, partly conducted at Broward Health Medical Center, revealed that the WATCHMAN FLX had a success



rate of about 99%, said Ahmed Osman, M.D., medical director of the Cardiac Electrophysiology Lab at Broward Health Medical Center. "We can discontinue blood thinners and have just as much protection from stroke," he said.

Additionally, Watchman FLX protection is continuous, unlike blood thinners, which must be stopped before and after surgery. Other benefits include potentially reducing risks of complication and possibly accelerating patient recovery.

"We are hoping that all patients who have AFib will have the chance of coming off blood thinners," Dr. Osman said.

The re-imagined cardiac cath labs, clinical trials and the use of first-in-its-kind technology are just a few examples of Broward Health's multilayered approach to advanced cardiac care with a focus on enhancing patients' health and wellness.

For more information, visit [BrowardHealth.org/ Cardiac](http://BrowardHealth.org/Cardiac) or call (954) 759-7500.

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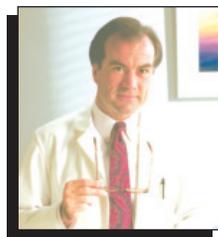


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Myocarditis Is Rare After Vaccination, According to New Research

If you've been listening to the news, you've probably heard people talking about a condition called myocarditis. Myocarditis is defined as inflammation of the heart muscle, and it can result from a viral infection, immune-mediated disease, or immunomodulatory treatments.

There can be a wide range at presentation, but symptoms generally include chest pain, difficulty breathing, and/or palpitations. Mild presentations of myocarditis can resolve with minimal to no treatment. Severe myocarditis can reduce the heart's ability to pump, elicit abnormal rhythms of the heart (arrhythmias), and result in permanent damage.

This condition has been reported to affect the heart in adolescent boys after Covid-19 vaccination. Clinical trials of the COVID-19 vaccines lacked sufficient power to detect this rare complication. Now that more than 6 billion doses of the vaccine have been administered worldwide, cases of myocarditis follow-



BY ELLIOT PEARSON, MD

ing COVID-19 vaccination have been reported. This rare side effect has sparked a lot of media attention, resulting in many rumors on social media and beyond. Research coordinated by the medical community has provided answers to these questions.

Notably, a large case series out of England, including more than 38 million adults ages 16 and older, has studied the incidence of myocarditis in patients after COVID-19 vaccine or infection. This is the largest study to date of cardiac outcomes after COVID-19 vaccination or infection, and the findings are published in the December 2021 issue of *Nature Medicine*.

Fortunately, post-vaccine myocarditis remains rare, with occurrence ranging between one and ten for every million patients, depending upon the type of vaccine and patient demographic. Post-vaccine myocarditis was more likely to be seen in patients younger than 40 years. It was also more likely to occur

Findings reported in *Nature Medicine*:

- Post-vaccine myocarditis remains rare, occurring between one and ten times for every million patients.
- Post-vaccine myocarditis is more likely to occur in patients younger than 40.
- Myocarditis is more likely to occur after an mRNA vaccine.
- Patients were at least 4x more likely to have myocarditis from COVID-19 infection than from the vaccine.
- Heart disease from COVID-19 infection is more severe and may require a longer hospitalization or more involved treatment.

after receiving an mRNA vaccine, and most occurred within the first week after vaccination. However, the myocarditis was typically mild, with symptoms resolving in a short time frame and with minimal treatment.

The study also reports on the inci-

dence of myocarditis after testing positive for COVID-19. Importantly, patients were at least 4x more likely to have myocarditis from COVID-19 infection than from the vaccine. Also, heart disease from COVID-19 infection is more severe and may require a longer hospitalization or more involved treatment. In addition, the study observed an increased risk of pericarditis and cardiac arrhythmias for those who tested positive for COVID-19 infection.

Researchers and physicians generally agree that the vaccine is a safer option, when compared to the cardiac risks of getting the COVID-19 infection itself. Nowadays, there is a lot of misinformation which can be misleading or confusing. When it comes to making an important decision about your health, be sure to talk to your own doctor about any questions or concerns you may have. They should be able to answer most questions about the vaccine and help you determine which option is best for you.

Dr. Elliot Pearson is a Pediatric Cardiologist at KIDZ Medical in Palm Beach County.



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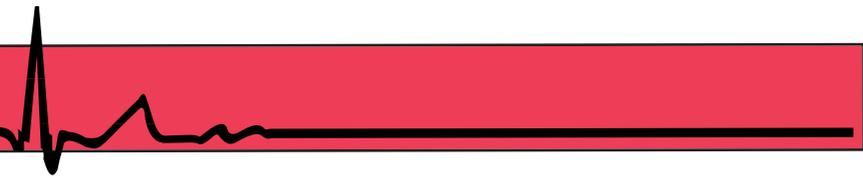
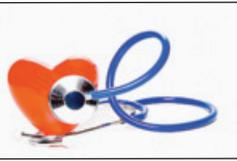
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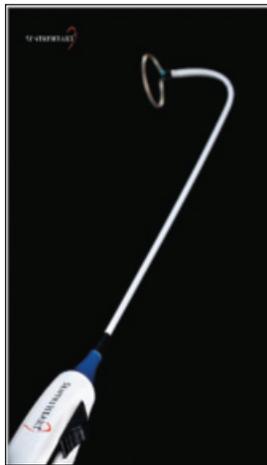
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Palm Beach Gardens Medical Center Becomes First Hospital in Florida to Perform New Procedure for Atrial Fibrillation

Palm Beach Gardens Medical Center reports it is the first hospital in the state of Florida to now offer the new LARIAT/Convergent Hybrid AF™ procedure for patients who have atrial fibrillation, or A-Fib. This technique combines left atrial appendage closure with the LARIAT and the Convergent procedure to ablate both the inside and outside part of the heart tissue causing A-Fib. This gives patients a better chance of curing their A-Fib, and reduce their risk of stroke. Dr. Nishant Patel and Dr. Matthew Kolek were the first two physicians to perform this type of procedure.



“1 in 4 adults over the age of 40 will develop A-Fib in their lifetime, but this new hybrid procedure is now giving people an opportunity to no longer suffer with this disease and be able to resume their daily activities,” said Dr. Nishant Patel cardiothoracic surgeon on staff at Palm Beach Gardens Medical Center. “This hospital is at the forefront of new procedures for cardiac care, and our community has access to them right here in our backyard.”

Unlike traditional surgical treatments, the LARIAT procedure is completed through small punctures in the skin, so in addition to less pain, the patient benefits from a shorter recovery time and less risk of complications.

The Convergent procedure effectively treats patients with chronic atrial fibrillation. It utilizes radiofrequency to block irregular electrical signals by producing lesions, or scar tissue, on the heart.

Delray Medical Center Uses New Ensite X System for Cardiovascular Procedures

Delray Medical Center marks another milestone becoming the first hospital in Palm Beach County to use the new Ensite X EP System for cardiovascular EP procedures. This technology uses HD images to collect data providing accurate and linear visualization for physicians to map out any area of the heart. Electrophysiologist Dr. Yoel Vivas was the first physician in the county to use this new system at the hospital.



“I am truly honored to be able to perform the first procedure in Palm Beach County using the Ensite X System,” said Dr. Vivas. “Delray Medical Center is always looking at ways to invest in the latest life changing technology so we can provide the very best cardiac care to patients in our community.”

Some of the benefits to using the Ensite X technology include:

- Redefined signal quality for mapping
- Map 1,000,000 points without limitations
- Address Bipolar Blindness capturing and enhancing better images
- 10x faster mapping and data collection

“This is just another way we are providing top notch cardiovascular services to our patients who can get the highest quality care right here in Palm Beach County,” said Dr. Jean-Pierre Awaida, medical director of the catheterization-lab at Delray Medical Center. “The accuracy and imaging of this new device will give patients better outcomes and overall cardiovascular health.”

Is Your Cardiac Patient No Longer Responding to Optimized Therapies?

Hospice care for patients with advanced heart disease.

During American Heart Month, consider the hospice option. For even the most challenging symptoms, VITAS® Healthcare’s interdisciplinary teams can deliver complex modalities to patients whose cardiac symptoms require high-acuity care—whether at home, in a nursing or assisted living facility, or in an inpatient bed.

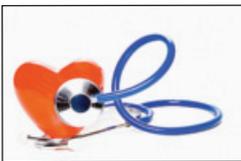
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Surgeon, Inventor, Innovator:

Nicklaus Children's Hospital's Redmond Burke

BY VANESSA ORR

For children with congenital heart disease and their families, surgery can be a daunting experience. This is why Redmond Burke, M.D., director of cardiovascular surgery at Nicklaus Children's Hospital, has made it his life's mission not only to try to reduce the trauma of care for each patient over their lifetimes, but to leverage the power of information technology to improve medical outcomes.

"I always felt like a heart program should have a philosophy of care: Why are we here?" he explained. "My philosophy is to reduce the trauma of care for all of the children we touch with heart defects.

"Opening a chest and cutting a heart can be traumatic for both patients and their families," he continued. "I wanted to focus on ways of accomplishing surgical goals with less trauma, fewer big incisions, less bleeding, and less injury to babies' bodies."

Dr. Burke first became interested in becoming a heart surgeon in high school, when he saw a picture in a magazine of the first heart transplant. "It captured my imagination," he said, "so I went into my schooling oriented toward becoming a heart doctor, and I worked as hard as I could to get there.

"The hardest heart surgery you can do is on the smallest hearts, and that's the area I

fell in love with," he added. "Luckily, I had the dexterity required, and was able to train with the best surgeons in the world at Children's Hospital Boston. Then I went on to build my own heart program in Miami in 1995, and I have never regretted one moment of my career choice."

As an attending cardiac surgeon at Children's Hospital Boston, Dr. Burke pioneered minimally invasive interventions using endoscopic surgical techniques for congenital heart surgery, designing instruments and techniques in the laboratory. He subsequently performed a series of surgical firsts, including the world's first endoscopic vascular ring division, diaphragm plication, and thoracic duct ligation.

After graduating from Stanford University, he received his medical degree from Harvard Medical School and served as chief resident in cardiovascular surgery at Children's Hospital Boston before becoming the director of cardiovascular surgery at Miami Children's Hospital (now Nicklaus Children's Hospital) at the age of 36.

An inventor and software developer, Dr. Burke also worked with colleagues to create the first database for congenital heart disease nationwide.

"I was blessed to be raised in Cupertino, CA, a few years before Apple was built in a garage three blocks from my house; I was

surrounded by Silicon Valley high-tech people and innovators," he said. "Realizing that doctors can't get better unless they can measure their performance, I worked with some very smart colleagues to create the first database for congenital heart disease.

"If you can't measure your outcomes, you can't get better," he continued. "And it's not just for doctors, either; moms and dads need this data to determine how good a surgeon is. We all want to think that we're the best, but now there is a platform that measures outcomes and reports the results on the Internet."

As technology has advanced, Dr. Burke has not only continued to pioneer revolutionary surgical procedures, but has also embraced innovations that improve patient outcomes.

"The better you can picture an operation in your head, the more likely you are to succeed, and virtual reality and 3D modeling are two unique tools that you can use to see operations before you perform them in the operating room," he explained. "It's far better to have 10 steps of an operation enumerated on a chalkboard or demonstrated on 3D constructive tools for your team to use for planning than to make it up as you go along. It is safer, faster and more effective."

He added that he is especially excited



Dr. Redmond Burke

with advances in genetic therapy. "The most thrilling thing that I've seen recently was the pig heart implanted in an adult with end-stage heart failure," he said. "The heart was treated with genetic therapy to reduce the rate of rejection.

"We need small hearts for small babies, and most innovations that work in adults are too big," he continued. "But if we are able to replace hearts with genetically modified hearts, it might buy our sickest babies extra months or even years."

Even with all of the scientific advancements available, Dr. Burke knows that it is often the personal touch that makes the difference.

"The cardiac team at Nicklaus Children's Hospital has a passion for technology, but they also really care about the patients," he said. "It's an honor to be trusted with families' babies who have heart defects, and we've got a great team here that covers every aspect of cardiac care for these children; they are the best at what they do."

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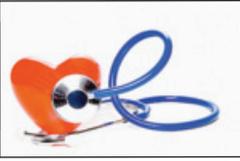
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Cover Story: Memorial Cardiac and Vascular Institute Continues Leadership Role in Challenging Times

Continued from page 1

strokes and peripheral vascular thromboses) to providing advanced heart therapies to those who develop heart failure, while also providing mechanical circulatory support with extracorporeal membrane oxygenation (ECMO) for acute cardio-respiratory failure in infant, child and adult patients throughout the entire region. Joe DiMaggio Children's Hospital and Memorial Regional Hospital are each designated Gold Level Centers of Excellence, receiving the Extracorporeal Life Support Organization (ELSO) Award for Excellence in Life Support. ECMO is often our last line of treatment for the sickest of our COVID-19 patients.

At the same time, Memorial Cardiac and Vascular Institute has achieved many accomplishments.

- Our Adult Cardiac Surgery program continues to be a regional leader in volumes and high-quality outcomes.

- Memorial achieved the highest cardiac surgery volumes in the tri-county area during the third quarter of 2020 and has again earned a three-star rating, the highest category of quality, from The Society of Thoracic Surgeons for patient care and outcomes in coronary artery bypass grafting (CABG), aortic valve replacement (AVR) and mitral valve replacement and repair (MVRR) for the period ending June 2021.

- Our Adult Heart Transplant program has completed its 75th heart transplant and is on track in 2021 to have the highest volume since inception.

- Our Heart Failure program has recruited a fourth specialty cardiologist to extend its reach in caring for advanced heart failure patients and was recently recognized for excellence with American College of Cardiology Heart Failure Accreditation.

Our structural heart team, a multidisciplinary team comprised of interventional cardiologists, cardiac surgeons, clinical cardiologists, imaging cardiolo-

gists, heart failure cardiologists and anesthesiologists, continues to grow and provide catheter-based therapies as they become available to treat structural heart problems such as valvular heart disease. Every case is reviewed by this group of specialists to chart the course of treatment for each patient.

The number of procedures performed in 2021 will be our highest ever, and our outcomes rank in the top decile nationally. Our Cardiology program matriculated its first class of cardiology fellows in July 2021 and looks forward to establishing its footprint on Graduate Medical Education and research. Our Vascular Surgery program has implemented a new technique of treating carotid artery disease in high-risk patients. Transcarotid Artery Revascularization (TCAR) is less invasive than conventional carotid endarterectomy and, hopefully, reduces the risk of stroke even further compared to conventional stenting and surgery.

Finally, our Electrophysiology program continues to be at the forefront of advances in electrophysiology treatments. Our expert electrophysiologists using our new EP suite are employing cutting edge, innovative approaches to control cardiac arrhythmias.

In addition to rising to the occasion and meeting the demands imposed by the Covid-19 pandemic, Memorial Cardiac and Vascular Institute has continued to grow and be a leader in delivering the comprehensive and quality care to cardiovascular patients. Memorial is committed to ensuring our community and those further afield have access to quality management and treatment of cardiovascular illnesses. Memorial Cardiac and Vascular Institute has become a destination center for best practice care and world-class outcomes.

Dr. Michael Cortelli is Chief, Memorial Cardiac and Vascular Institute.

Jupiter Medical Center Expands Cardiac Surgery Through Philanthropy



Madlyn K. Abramson's family poses in front of the water fountain at Jupiter Medical Center named in her honor.

Philanthropist and businessman Leonard Abramson, recently made a donation of \$10 million to establish an endowed chair of cardiac surgery at Jupiter Medical Center. Abramson made the gift in honor of his beloved late wife of 65 years, Madlyn.

To recognize Abramson's generous gift, the new main entrance to Jupiter Medical Center has been named the Madlyn K. Abramson Plaza which features a water fountain in her honor. This was not Abramson's first gift to the Jupiter Medical Center Foundation, "and I don't expect it to be my last," said the JMC Foundation board member of more than two decades. "I'm very impressed with their leadership, and I'd like to help the hospital grow."

In April of 2020, the medical center launched the Timothy and Jayne Donahue Cardiac Surgery Program. Dr. Arthur Katz, Medical Director of Cardiac Surgery and the current Madlyn K. Abramson Endowed Chair of Cardiac Surgery, has performed more than 225 open heart surgeries at Jupiter Medical Center. The additional philanthropic investment made by Abramson is enabling Jupiter Medical Center to continue expanding the breadth of innovative cardiovascular services to treat such conditions as valvular heart abnormalities, atrial fibrillation and aneurysms of the aorta. Treatments include Transcatheter Aortic Valve Replacement (TAVR) for aortic stenosis, MitraClip for leaking mitral valves, the WATCHMAN for AFib and minimally invasive cardiac surgery.

"Since the launch of our cardiac program and the addition of a minimally invasive cardiac surgeon, Jupiter Medical Center's capabilities have expanded to successfully treat nearly all cardiac conditions" said Dr. Amit Rastogi, President and CEO, Jupiter Medical Center.

Dr. Katz emphasized "I am thrilled that we can now provide our patients the full gamut of cardiovascular services offered by our nation's top academic medical centers." Katz adds "we are honored to welcome NYU trained Minimally Invasive Cardiac Surgeon, Dr. William Kokotos, to Jupiter Medical Center's cardiac surgery program."

"Len's gift to cardiac surgery is creating a lasting legacy that will allow cardiac patients the care they need close to home," said Mike Morsberger, Chief Philanthropy Officer and President of Jupiter Medical Center Foundation.

Palm Beach Gardens Medical Center Adds New Hi-Tech Imaging System for Cardiac Patients

Palm Beach Gardens Medical Center is now able to offer patients a new technological advancement allowing doctors to see high quality images at low radiation dose levels for those suffering from heart disease.

The Philips Azurion 7 M20 system with Clarity IQ provides high quality imaging, achieving a clearer visibility at low X-ray dose levels for any patient. Dr. Neerav Shah, chief of cardiology at Palm Beach Gardens Medical Center, performed the first case.

"This new technology will enable

physicians to capture higher quality images at lower radiation doses, directly resulting in safe and quality care for our cardiac and vascular patients," said Dr. Shah.

"Palm Beach Gardens Medical Center continues to be at the forefront when it comes to cardiac care and this new technology will allow patients to get the quality treatment they need at one of the top heart hospitals in South Florida."

The Philips Azurion 7 M20 system allows physicians to conduct minimally invasive procedures treating a wide range

of cardiac and vascular issues, including:

- Coronary Artery Disease
- Stroke
- Peripheral Vascular Disease
- Thoracic and Aortic Aneurysms
- Carotid Artery Disease
- Structural Heart Disease

"We are proud to be able to offer this new imaging system to our patients, and expand our cardiac services at Palm Beach Gardens Medical Center", said Teresa Urquhart, chief executive officer at Palm Beach Gardens Medical Center. "Our community has a choice when it

comes where they get treated for cardiology, and our hospital continues to show why we are among the very best when it comes to heart care."

These catheter-based procedures are designed to reduce some of the risks and recovery time inherent in traditional surgical approaches. Among the many benefits of catheter-based interventions include:

- Shorter hospital stays
- Reduced recovery time without the pain of a large incision
- Less visible surgical scarring.



Profiles In Cardiology

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BROWARD HEALTH CORAL SPRINGS

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Lucia Blanchard, DO

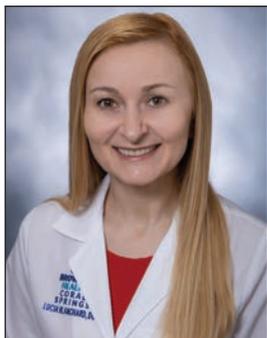
Lucia Blanchard, D.O., is a cardiologist with Broward Health Physician Group and practices out of Broward Health Coral Springs.

She specializes in acute care, echocardiography, congestive heart failure, myocardial infarction, and disease prevention and intervention. "I love to treat people and I think this is one field with an instantaneous award because the patients get better right away," Dr. Blanchard said. "Cardiology incorporates critical care, high acuity, plus the continuation of care with patients."

Dr. Blanchard has been practicing medicine since 2013. Over the years, she has participated in lectures and research projects. In 2015, she published in the Osteopathic Family Physician journal on "Congestive Heart Failure in Adults."

One of Dr. Blanchard's special interests in cardiology deals with clinical trials. "I am excited that women and minorities are being taken in consideration more and more in clinical trials but there is still a need in cardiology to facilitate access to treatments and new technology. I promise to work hard to facilitate such diversity," she said.

Dr. Blanchard is board certified by the American Osteopathic Board of Internal Medicine in internal medicine and cardiology, and by the American Society of Echocardiography. She received her Doctor of Osteopathic Medicine degree from Nova Southeastern University. Dr. Blanchard completed her internal medicine residency and cardiology fellowship at Broward Health Medical Center in Fort Lauderdale.



Mohamed Osman, MD

Mohamed Osman, M.D., is an interventional cardiologist with Broward Health Physician Group and is affiliated with all the hospitals in the Broward Health system. He is board certified in interventional cardiology, cardiology and nuclear cardiology. Dr. Osman has been practicing medicine for more than 20 years.

"In the field of interventional cardiology, you see an immediate result," Dr. Osman said. "For example, a person with a heart attack can be literally on the verge of death and you do something for them and then the next thing they feel much better, he said. "There are few fields in medicine where you can achieve that kind of dramatic response."

Dr. Osman is also the medical director of the interventional cardiology program at Broward Health Coral Springs. Over the past several years, the hospital's cardiac program has expanded to include a state-of-the-art cardiac catheterization lab that opened in June 2020 and a Level 1 Heart Program designation in January 2021 by the Agency for Healthcare Administration (ACHA).

"In the past decade, there has been continuous improvement of catheter-based therapies – it changes the way we do things," Dr. Osman said. "It went from open heart surgery with hospital stay for at least a week to now overnight procedures for our patients."

Dr. Osman received his medical degree from Cairo University School of Medicine in Egypt. He completed his internal medicine residency with the New York University Langone Health's Department of Medicine. He completed his critical care fellowship at New York Medical College and his cardiology fellowship at Good Samaritan Hospital in Ohio. He completed his interventional cardiology fellowship at New York Medical College. Dr. Osman is a professional member of the American College of Cardiology.



BROWARD HEALTH MEDICAL CENTER

Kenneth Zelnick, MD

Kenneth Zelnick, M.D., is an interventional cardiologist at Broward Health Medical Center where he has been practicing medicine since 2006. Dr. Zelnick is board certified in internal medicine, cardiology and interventional cardiology.

"I was drawn to cardiology like many of us over a fascination with the mechanics of the heart. The heart is this beautiful machine that just works with this perfect rhythmic timing despite no electronics or winding mechanisms," he said. "As cardiologists we get to make sure that machine works."

Dr. Zelnick is also the medical director of the cardiac rehabilitation program at Broward Health Medical Center where a multidisciplinary team works with heart disease patients through exercise, education, counseling and training to maintain a healthy lifestyle.

"Cardiology also allows for us to meet people both in the preventive stages of their life, in the routine maintenance, as well as in the setting of acute injury."

Dr. Zelnick received his medical degree from the University of Miami Miller School of Medicine. He completed his internal medicine residency at Mount Sinai School of Medicine in New York. Dr. Zelnick completed his cardiology fellowship and interventional cardiology fellowship at the University of Miami Miller School of Medicine.



Alan Niederman, MD, FACC

Alan Niederman, M.D., FACC, is an interventional cardiologist with Broward Health Physician Group. Niederman has been with Broward Health since 2018 and has practiced medicine for more than 32 years.

"Medicine is the only profession I know that joins science with humanity," he said. "It has been an honor to spend my life caring for patients long-term."

Dr. Niederman specializes in clinical cardiology, echocardiogram and electrocardiogram interpretation, diagnostic cardiac catheterization, percutaneous coronary intervention, transcatheter aortic valve replacement, and valvuloplasty.

Over the last decade, the field of interventional cardiology has evolved rapidly with new treatments and technologies for patients. "We now have gene therapy for elevated cholesterol level," Dr. Niederman said. "Further, we will soon have mitral valve replacements that will be put through the leg artery instead of patient's having to undergo open heart surgery."

Dr. Niederman received his medical degree from the Emory University School of Medicine where he also completed his residency in internal medicine and fellowship in cardiovascular disease. Dr. Niederman is a professional member of the American College of Cardiology and the Society for Cardiovascular Angiology and Interventions.



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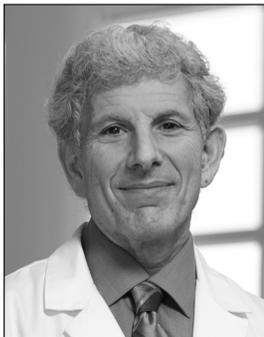


Profiles In Cardiology

JUPITER MEDICAL CENTER

Arthur Katz, MD **Medical Director, Cardiac Surgery**

Arthur Katz, M.D., Jupiter Medical Center specialist in advanced cardiothoracic surgery, is the award-winning institution's Medical Director, Cardiac Surgery. Dr. Katz leads a multidisciplinary team dedicated to the diagnosis and treatment of a wide range of complex surgeries. He has performed more than 2,000 "off-pump" coronary artery bypass grafts and is considered a national authority on the procedure. He also specializes in heart valve surgeries, reconstructions, ablations, tumor excisions, and repair of other heart defects. Dr. Katz is highly regarded in the field, with more than 25 years of experience, and is board certified and fellowship trained in cardiothoracic surgery. He graduated with honors from New York Medical College and completed his residency in general surgery at NYU Medical Center. Dr. Katz is also recognized as a Top Doctor by Palm Beach Illustrated Magazine.



William Kokotos, MD **Surgical Director Structural Heart Program**

Jupiter Medical Center, one of Newsweek's 2021 World's Best Hospitals, appointed Dr. William Kokotos, Cardiovascular Surgeon, to the Robson Heart and Vascular Institute at Jupiter Medical Center. Dr. Kokotos serves as the Surgical Director of the Structural Heart program and brings expertise in a broad range of minimally invasive procedures and open-heart surgery. Before joining Jupiter Medical Center, Dr. Kokotos served as Chief of Cardiac Surgery at NYU Langone Hospital-Long Island. He launched the cardiac program that performed the first percutaneous mitral valve repair on Long Island. Dr. Kokotos brings extensive experience in advanced procedures inclusive of mitral and aortic valve repair/replacement, transcatheter aortic valve replacement (TAVR), ablation surgery for AFib, coronary artery bypass surgery; surgical treatment of the aortic root, ascending aortic and aortic arch aneurysms; open surgical and percutaneous interventions for thoracic aortic disease, thoracic endovascular aortic repair (TEVAR) and more.



PALM BEACH GARDENS MEDICAL CENTER

Jyoti Mohanty, MD

Dr. Jyoti Mohanty is an invasive and interventional cardiologist and director of the cardiac catheterization lab at Palm Beach Gardens Medical Center. With over 20 years of experience, Dr. Mohanty's areas of interest include general cardiology and critical care, internal medicine, invasive and interventional cardiology, transesophageal and transthoracic echocardiogram, nuclear cardiology, peripheral intervention, venous ablation's, hypertension and high performing high risk coronary intervention and peripheral arterial procedures. Dr. Mohanty earned his medical degree from the University of New Delhi in India. He completed his residency in internal medicine and fellowship in clinical cardiology at Cook County Hospital in Chicago, IL. He is a member of several prestigious organizations, including the American College of Cardiology, the American College of Physicians and the Medical Council India.



Neerav Shah, MD

Dr. Neerav Shah is the chief of cardiology at Palm Beach Gardens Medical Center. He is board certified in cardiology and interventional cardiology with over 20 years of experience. Dr. Shah's main interests are coronary and peripheral vascular intervention. Dr. Shah received his medical degree at the University of Miami and completed his internship and residency at the University of Alabama-Birmingham. He completed both his Cardiology and Interventional Cardiology fellowships at the University of Miami in Florida. Dr. Shah completed his fellowships with the American College of Cardiology and Society for Cardiovascular Angiography Interventions. He is also the chairman of interventional cardiology/vice chairman of cardiology at Palm Beach Gardens Medical Center.



ST. MARY'S MEDICAL CENTER

Amit Patange, MD

Dr. Amit Patange is a board certified pediatric cardiologist on staff at Palm Beach Children's Hospital where he has been providing congenital cardiology services since 2013. He specializes in fetal cardiology, and serves as the medical director of the fetal cardiology program at the hospital. Dr. Patange's primary interests include prenatal diagnosis and management of complex congenital heart disease in the fetus, including fetal arrhythmias. His other interests include heart failure, dilated cardiomyopathy, syncope evaluation, cardio-oncology, noninvasive cardiac imaging including echocardiography and cardiac MRI. He is a fellow of the American College of Cardiology and an assistant professor of pediatrics at Florida Atlantic University. Dr. Patange earned his medical degree at Seth G S Medical College and King Edward Memorial Hospital in his hometown of Bombay, India. He holds a master's degree in public health from the University of Texas in Houston. Dr. Patange completed his pediatric residency and fellowship in pediatric cardiology at the Children's Hospital of Michigan, Wayne State University in Detroit, Michigan.



Elliot Pearson, MD

Dr. Elliot Pearson is a pediatric cardiologist on staff at the Palm Beach Children's Hospital at St. Mary's Medical Center. He has a special interest in advanced techniques in non-invasive cardiac imaging by ultrasound. Dr. Pearson's clinical interests include perinatal cardiology (fetal echocardiography), chemotherapy-induced cardiotoxicity, and mixed connective tissue disease. He earned his medical degree from the University of Miami, Miller School of Medicine and graduated with research distinction for his work on critical congenital heart disease screening in infants. He completed his Pediatrics training at the University of Miami / Jackson Memorial Hospital and completed his fellowship in Pediatric Cardiology at Duke University Medical Center. Dr. Pearson is a member of the American Academy of Pediatrics and the American Heart Association.



WEST BOCA MEDICAL CENTER

Houman Khalili, MD

Dr. Houman Khalili is an interventional cardiologist on staff at West Boca Medical Center. Areas of interest that Dr. Khalili specializes in include, interventional cardiology, transcatheter valve interventions, transcatheter left atrial appendage closure, transcatheter paravalvular leak closure, complex coronary intervention, chronic total occlusions, hypertrophic cardiomyopathy and cardiovascular research and education. Dr. Khalili is a member of the American Heart Association, American Medical Association, and a fellow of the American College of Cardiology and Society for Angiography and Interventions. Dr. Khalili is a graduate of UT Southwestern University in Dallas, Texas where he completed medical school, his internship, residency and fellowship in both internal medicine and cardiology. He completed a fellowship in structural heart disease at William Beaumont Hospital outside Detroit, Michigan. He was also a faculty member at UTSW and the North Texas VA for three years before coming to West Boca Medical Center.



Donna Rhoden, MD

Serving the South Florida area since 1996, pediatric cardiologist, Dr. Donna Rhoden works alongside the board-certified pediatric specialists and subspecialists on the medical staff at West Boca Medical Center. West Boca Medical Center performs diagnostic services for children with heart disease and other cardiovascular conditions. Board certified in pediatrics and pediatric cardiology, Dr. Rhoden's areas of interest include congenital heart disease, fetal cardiology, chest pain, syncope, arrhythmia and hypertension. Since 1993, Dr. Rhoden has been a board certified Diplomate from the American Board of Pediatrics and is a member of the American Academy of Pediatrics. She is also a fellow of the American College of Cardiology. Dr. Rhoden received her Doctorate of Medicine and completed her fellowship in pediatric cardiology from the Medical College of Georgia. Licensed in the state of Florida, Dr. Rhoden is also a member of the National Board of Medical Examiners.





Profiles In Cardiology

DELRAY MEDICAL CENTER

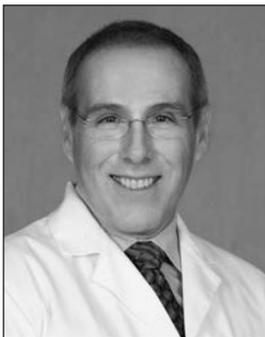
Eric Lieberman, MD

Dr. Eric Lieberman is the medical director of cardiology for Tenet's Florida Region and serves as Chairman of Tenet's National Cardiology Leadership Council. Dr. Lieberman is board certified in internal medicine and cardiology. Dr. Lieberman earned his medical degree from the University of Miami in Coral Gables. He then did his residency and internship at Brigham and Women's Hospital in Boston, Massachusetts in internal medicine where he was also the Chief Medical Resident. Dr. Lieberman completed his fellowship at Brigham and Women's Hospital in Cardiology. Dr. Lieberman's areas of interest include preventive cardiology, cardiac consultation, peripheral arterial disease, echocardiography, nuclear cardiology, pacemaker evaluation and transesophageal echocardiography. In addition Dr. Lieberman, along with his colleague Dr. Jonathan Vafai, works to provide cardiovascular care addressing the specific needs of patients getting treatment for cancer, working collaboratively with oncologists to monitor and address cardiac complications related to oncologic care. Dr. Lieberman is a member of the Tenet Florida Heart and Vascular Network, and the American Heart Association. He is also a fellow of the American College of Cardiology.



Jeffrey H. Newman, MD

Jeffrey H. Newman, M.D., is a cardiothoracic surgeon on staff at Delray Medical Center. Dr. Newman has focused on adult cardiac surgery, along with expertise in traditional coronary and valve surgery. He also focuses on mini-mitral valve surgery and mini-aortic valve surgery. Additionally, he is proficient at using the da Vinci robotic system for lung cancer surgery, and is intimately involved in transcatheter aortic and mitral valve procedures completed at Delray Medical Center. Dr. Newman earned his medical degree from New York Medical College in Valhalla, New York. He then did his internship and residency at St. Luke's-Roosevelt Hospital Center in New York, New York in general surgery. Dr. Newman then completed his Fellowship at Robert Wood Johnson Medical School in New Brunswick, New Jersey in Thoracic Surgery. Dr. Newman is a member of the American College of Surgeons and the American Society of Thoracic Surgeons.



GOOD SAMARITAN MEDICAL CENTER

Emilio Garcia, MD

Dr. Emilio Garcia is board certified in cardiovascular disease by the American Board of Internal Medicine. He practices at Good Samaritan Medical Center. Dr. Garcia believes in providing compassionate and comprehensive patient-centered care for the community. Dr. Garcia earned his Bachelors of Science degree from the University of Miami. Dr. Garcia then received his medical degree from the University of Texas Medical Branch, Galveston. He then did a cardiology fellowship at the University of Florida, Jacksonville. He currently treats various cardiac conditions, such as coronary artery diseases, congestive heart failure and cardiomyopathy. Dr. Garcia believes people need to be educated and made aware about their health issues. He encourages his patients to lead healthy lifestyles, thus enabling them to take responsibility for their cardiac health.



Amarnath R. Vedere, MD

Amarnath R. Vedere, M.D., FACC, FSCAI, has been practicing Interventional Cardiology medicine in Palm Beach County for the past 25 years. Dr. Vedere is board certified in Cardiology, and in Interventional cardiology. He is a Fellow of The American College of Cardiology, and Society for Cardiovascular Angiography Interventions and Cardiac Computed Tomography. Dr. Vedere received his medical degree at Gandhi Medical College in Hyderabad, India. He completed his residency in Internal Medicine and his fellowship in cardiovascular disease at Wayne State University, Detroit, Michigan. He continued his training in Interventional cardiology in both coronary Vascular interventions and pacemakers at the Cardiovascular Institute of South Louisiana. He sub-specializes in Interventional cardiology, Peripheral vascular interventions and in Pacemaker and Defibrillators.



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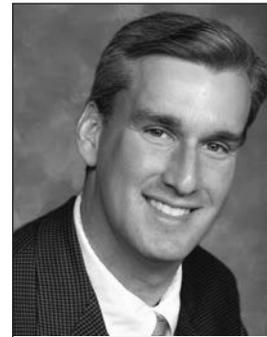
Mikhailia Lake, MD, FACC

Board certified in Internal Medicine and Cardiovascular Diseases, Mikhailia Lake, M.D., FACC. leads the Holy Cross Health new women's heart program. She is with the Holy Cross Medical Group. Her focus is on non-invasive cardiology, echocardiography, nuclear cardiology, valvular disease and coronary artery disease. She is passionate about preventing heart disease and integrates plant-based diets and exercise with traditional medicine. Prior to joining Holy Cross, Dr. Lake was a non-invasive cardiologist with Lee Health in Fort Myers, Florida where she served as Director of Noninvasive Cardiology and was lead physician for the Sanctuary Cardiology Group. She is a member of the American College of Cardiology, American Medical Association and American Society of Nuclear Cardiology and has made several presentations nationally and been published in several medical journals. Dr. Lake graduated magna cum laude with a degree in chemistry from Florida International University and earned her Doctor of Medicine from Emory University School of Medicine in Atlanta, where she was a multi-scholarship recipient. She completed her residency in Internal Medicine at Johns Hopkins Hospital in Baltimore and a fellowship in cardiovascular diseases at University of Miami's Miller School of Medicine. Dr. Lake has several years of research experience throughout her training at Emory University, Johns Hopkins Hospital and La Plata School of Medicine/Johns Hopkins Hospital in La Plata, Argentina.



Joshua M. Purow, MD

Joshua M. Purow, M.D., is a cardiologist certified by the American Board of Internal Medicine in cardiovascular disease, interventional cardiology and internal medicine. Dr. Purow serves as medical director of the Cardiac Catheterization Laboratory at Holy Cross Health and is part of the Holy Cross Medical Group (HCMG), a multi-specialty physician employed group of more than 160 physicians providing services throughout Broward and Palm Beach counties, specializing in interventional and general cardiology with HCMG Cardiologist Associates. Previously he was medical director of the Cardiac Catheterization Laboratory at North Ridge Hospital. Dr. Purow graduated cum laude with a Bachelor of Arts from Yeshiva University in New York and earned his medical degree from Albert Einstein College of Medicine in Bronx, New York. He completed his internship and residency in internal medicine at New York University Medical Center. At University of Miami Medical Center, he completed a cardiology fellowship and interventional cardiology. Dr. Purow, who has been published in several publications and has been part of several research teams, holds a medical license from the state of Florida and New York.



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Profiles In Cardiology

MEMORIAL REGIONAL HOSPITAL

Juan-Carlos Brenes, MD

A clinical cardiologist, Dr. Juan-Carlos Brenes specializes in preventing cardiovascular disease, and the diagnosis and treatment of valvular heart disease. His specialized training in cardiac imaging allows him not only to diagnose but also to provide second opinions in valve-disease cases. When not caring for patients, his focus is on teaching and participating in academic activities with other cardiac specialists.

Dr. Brenes has a long history of participating in cardiology fellowship programs, initially with Cleveland Clinic Florida, and then as Program Director at Mount Sinai Medical Center for nearly a decade. "It is truly exiting to continue participating in Graduate Medical Education at Memorial Healthcare System, with our own, recently launched, cardiology fellowship program. It is especially rewarding to see the trainees go on to become outstanding cardiologists."

A native of Costa Rica, Dr. Brenes came to the U.S. in 1999 to take part in prestigious William J. Harrington Medical Training Program at the University of Miami School of Medicine. He did his Internal Medicine internship, residency, and general cardiology training at Jackson Memorial Hospital and then completed a fellowship in advanced echocardiography at Columbia University in New York.



Todd Roth, MD

Dr. Todd Roth believes Memorial's Cardiac and Vascular Institute is a 'diamond in the rough' and will ultimately be one of the largest centers of its kind in the country.

"There are very few that can deliver the scope of services and comprehensive level of care we do," said Dr. Roth, co-medical director of the Adult Congenital Heart Disease program. "And fewer still that have the talent and resources to offer everything to both pediatric and adult patients."

Board certified in adult congenital heart disease, as well as pediatric cardiology and pediatrics, Dr. Roth has been part of Memorial Healthcare System for more than seven years. He says the success of the cardiac program is connected to the depth and quality of its physicians, including co-medical director Dr. Larry Latson and Dr. David Briston, a recently added adult congenital heart disease specialist.

Dr. Roth also believes the fellowship in cardiovascular disease that gained accreditation in 2020 will continue to fuel growth.



MEMORIAL CARDIAC AND VASCULAR INSTITUTE

Michael Cortelli, MD

It has been more than 14 years since Dr. Michael Cortelli, a board-certified cardiovascular and thoracic surgeon, joined Memorial Healthcare System. In that time, the chief of Memorial's Cardiac and Vascular Institute is most proud of the high-quality program he and his colleagues have built. "We've evolved into a multi-disciplinary, comprehensive center that offers all the clinical options, including transplants, to both pediatric and adult patients. We have a diverse level of expertise that's usually only seen at university-affiliated medical centers."

Dr. Cortelli says the establishment of a cardiovascular fellowship, which was accredited in 2020, is what's driving Memorial's program forward now. Becoming a bigger player in graduate medical education means more research and interest from physicians seeking those opportunities. "It's critical that all of us on the teaching side stay up to date on the latest literature and research. We're training the next generation of cardiology leaders and that ups everyone's game," said Dr. Cortelli.



Iani Patsias, MD, FACC

It was while completing a fellowship in advanced heart failure and transplant cardiology at the University of Washington Medical Center that Dr. Iani Patsias was first excited by the possibilities of artificial intelligence (AI). "Machines can process massive amounts of data, detect patterns, and assist with diagnosis and risk stratification within population health. We're on the early side of determining all the applications for AI, but it will certainly stay at the forefront of how we learn more about cardiology."

Dr. Patsias says machines can detect subtleties in EKGs that humans can't, and its algorithms can detect an individual's likelihood of developing advanced heart disease, to cite just one possibility. AI will also enhance the workflow process, fuel research, and lead to the development of new drugs and treatment alternatives.

"These machines will enhance what human physicians are able to accomplish, not replace them," said Dr. Patsias.



MEMORIAL HOSPITAL WEST

Demetrio Castillo, MD

Dr. Demetrio Castillo is a cardiac electrophysiologist that balances the use of the latest technology to diagnose and treat arrhythmias with a patient-centered approach to care. "I feel a responsibility to educate patients about their conditions so they can make informed decisions and not just provide consent. The more they understand the better they'll be able to take care of themselves," said Dr. Castillo.

A graduate of New York University's School of Medicine, Dr. Castillo was a resident at Harvard Medical School before receiving fellowship training in both cardiovascular disease and electrophysiology at the University of Texas Southwestern Medical Center. He was first attracted to cardiology because of the precise nature of the specialty and cites the objective improvements in the patient's quality of life as the most satisfying aspect of the integrated, multi-disciplinary approach Memorial utilizes.



Alian Aguila, MD

Dr. Alian Aguila initially chose cardiology because he enjoyed science and physiology, but he soon found another aspect of the specialty he appreciated just as much.

"Establishing relationships with patients is very important, since you often follow their care over many years," said Dr. Aguila, who was recently named medical director for cardiology at Memorial Hospital West. "Cardiology also interacts with other specialties, so we need to be aware of and help manage the overall patient experience."

Dr. Aguila has been part of Memorial Healthcare System for more than seven years, initially at Memorial Regional Hospital after time spent in private practice. He is active in its Graduate Medical Education cardiology fellowship and, along with Dr. Ralph Levy, has established a cardio-oncology subspecialty clinic at Memorial Hospital West. It's the ongoing study of how cancer treatments affect the heart that has resulted in the doctor's connection to the Moffitt Malignant Hematology & Cellular Therapy program, a Memorial partner, and its survivorship program in Pembroke Pines.



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Profiles In Cardiology

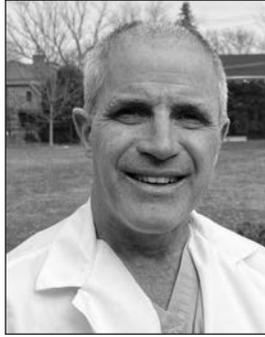
JOE DIMAGGIO CHILDREN'S HOSPITAL

Thomas Forbes, MD

Dr. Thomas Forbes, a pediatric cardiologist and the chief of pediatric cardiology at Joe DiMaggio Children's Hospital, has a master plan for making Memorial Healthcare System an epicenter for data that aids in the development of cardiac equipment and devices.

"In collaboration with the nonprofit CCISC (Congenital Cardiovascular Interventional Study Consortium), we'd build modular registries that would cover nearly all of the procedures performed here," said Dr. Forbes, who was previously at Detroit Medical Center in Michigan. "Our goal in working with the FDA and Japanese regulatory organizations is to get pediatric devices more quickly approved, so manufacturers would be able to go through the registries we've set up to access clinical trial data. Registries that, for the first time, would enable them to utilize retrospective data for a more efficient and cost-effective process."

Dr. Forbes says fetal, pediatric, and adult cardiology would all benefit from the global initiative.



Peter Guyon, MD

A pediatric interventional cardiologist, Dr. Peter Guyon decided early on during rotations at the University of Pennsylvania's School of Medicine that caring for children would be his focus. "I appreciate the resiliency of kids and how direct and honest they are about their feelings," said Dr. Guyon. Dr. Guyon says it's important for him to be flexible in his approach to patients, since diagnosis and treatment explanations for the congenital issues he most often sees differ depending on the age of the individual. Parents can also add another challenging dynamic.

The study of cardiology caught Dr. Guyon's interest from the beginning, with its mixture of physiology, physics, and engineering. Following medical school in Philadelphia, Dr. Guyon headed west to the University of California San Diego, where he completed an internship, residency, and fellowship training.

The doctor arrived in South Florida late in 2021 and is part of the expansion of Joe DiMaggio Children's Hospital's cardiology team.



Jared Klein, MD, MPH

Dr. Jared Klein, a specialist in pediatric imaging cardiology, didn't have to look beyond his own home to find a medical role model. "I remember my dad (Dr. Allan Klein) reading echocardiograms on VHS tapes when I was a kid. I was exposed to hospitals early on and went to national and international medical conferences."

Unlike his father, the younger Dr. Klein chose to work with pediatric patients, focusing on both echo and MRI. "The experience I gained in MRI (a fellowship at Nemours Children's Health in Wilmington, Delaware) really helps arrive at a quicker diagnosis," said Dr. Klein, who also did fellowship training in pediatric cardiology at Cleveland Clinic Hospital. "I enjoy that everything you need to know is right in front of you."

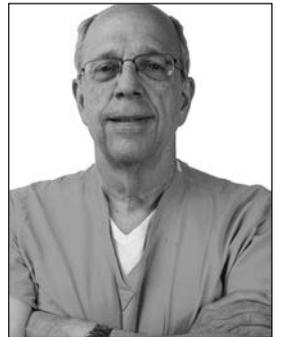
A newcomer to South Florida that is part of Joe DiMaggio Children's Hospital's growing cardiology team, Dr. Klein says 'Joe D.' provides one of the most collegial and unique hospital environments he's ever worked in.



PALM BEACH HEALTH NETWORK PHYSICIAN GROUP (PBHNP) – CARDIOVASCULAR CARE – PALM BEACH GARDENS

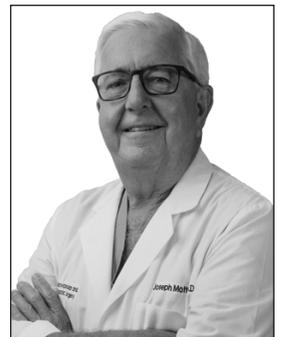
Richard Faro, MD, FACS

In 1983, Dr. Richard Faro performed the first open-heart surgery in Palm Beach County and the Treasure Coast at Palm Beach Gardens Medical Center. He also helped Palm Beach Gardens Medical Center start the heart surgery program at the hospital, which just eclipsed 19,000 open-heart surgeries. Dr. Faro is on-staff at Palm Beach Gardens Medical Center and has an office on the campus of the hospital with his colleague, Dr. Joseph Motta. The practice encompasses a wide range of cardiac surgery care including coronary artery bypass graft (CABG), transcatheter aortic valve replacement (TAVR) and acute aortic dissection repair. In addition, the practice provides vascular surgery care including transcarotid artery revascularization (TCAR), and open endarterectomy surgery. Additionally, Dr. Faro's practice offers multiple interventions utilized in the office for chronic venous insufficiency including ablation and sclerotherapy to treat varicose and spider veins. Dr. Faro is board-certified with the American Board of Surgery, American Board of Thoracic Surgery and American Board of Phlebology. For his education and training, Dr. Faro completed a cardiovascular/thoracic surgery fellowship and peripheral vascular surgery fellowship at Rush University Medical Center, Chicago, IL. In addition, Dr. Faro completed a general surgery residency at Creighton University School of Medicine, Omaha, NE, internship at S.U.N.Y. Downstate Medical Center and Kings County Hospital, Brooklyn, NY, and graduated medical school from the Creighton University School of Medicine.



Joseph Motta, MD, FACS

Dr. Joseph Motta specializes in cardiovascular and thoracic surgery. Dr. Motta's practice encompasses a wide range of procedures including transcatheter aortic valve replacement (TAVR), acute aortic dissection repair and coronary artery bypass surgery (CABG). In addition, the practice provides vascular surgery care including transcarotid artery revascularization (TCAR), and open endarterectomy surgery. Additionally, Dr. Motta's practice offers multiple interventions utilized in the office for chronic venous insufficiency including ablation and sclerotherapy to treat varicose and spider veins. Along with his long-time colleague, Dr. Richard Faro, Dr. Motta helped start the open-heart surgery program at Palm Beach Gardens Medical Center, which has just passed a milestone of over 19,000 open-heart surgeries. Dr. Motta is currently on-staff at Palm Beach Gardens Medical Center and his office is located on the campus of the hospital. He is board-certified with the American Board of Surgery and American Board of Thoracic Surgery. For his education and training, Dr. Motta completed his fellowship in thoracic and vascular surgery at Emory University, located in Atlanta, GA. Dr. Motta completed his general surgery residency at Jackson Memorial Hospital as well as Miami Veterans Hospital and the University of Miami School of Medicine. He graduated medical school from the University of Miami School of Medicine.



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Profiles In Cardiology

PALM BEACH HEALTH NETWORK PHYSICIAN GROUP – CARDIOVASCULAR CARE – JUPITER CARDIOLOGY GROUP

James Gardner, DO

Dr. James Gardner is a highly skilled invasive cardiologist focusing on the diagnosis and treatment of cardiac ailments within the heart via minimally invasive catheter based procedures and cardiac testing. Dr. Gardner specializes in cardiac catheterization, echocardiogram and transesophageal echocardiogram (TEE), cardioversions for atrial fibrillation, loop recorder insertion and stress testing. In addition, Dr. Gardner's areas of interest and cardiology care focus also include clinical cardiology, nuclear cardiology, congestive heart failure, hypertension and preventative medicine. He is board-certified by the American Board of Medicine. For his education and training, Dr. Gardner completed a general/invasive cardiology fellowship, internal medicine residency and internship at St. James Hospital – Midwestern University located in Olympia Fields, IL. Dr. Gardner graduated medical school from the Philadelphia College of Osteopathic Medicine (Georgia Campus) in Suwanee, GA. He has an office in Jupiter and is on-staff at Palm Beach Gardens Medical Center. Dr. Gardner has been practicing medicine since 2012.



Rahul Aggarwal, MD

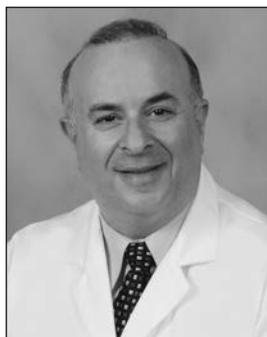
Dr. Rahul Aggarwal provides general cardiology, interventional cardiology and nuclear cardiology care at his office located in Jupiter and on-staff at Palm Beach Gardens Medical Center. With a focus on heart disease, coronary disease and peripheral vascular disease, Dr. Aggarwal specializes in invasive cardiology including angioplasty ballooning and stenting for coronary artery blockage, echocardiography, transesophageal echocardiography (TEE), stress echocardiography as well as care for atrial septal defect (ASD) and patent foramen ovale (PFO) ailments. In addition, Dr. Aggarwal is adept at performing cardioversions to help return the heart to normal rhythm and in treatment for cardiac arrhythmia, such as atrial fibrillation. Dr. Aggarwal also has a special interest in functional/integrative cardiology with an emphasis on high blood pressure and cholesterol care, diet, nutrition and diabetes. Dr. Aggarwal is board-certified in internal medicine, cardiovascular disease, interventional cardiology and nuclear cardiology. He completed an interventional cardiology fellowship and served as Chief Cardiology Fellow at the Wake Forest University School of Medicine. Dr. Aggarwal completed his internal medicine residency, internship and graduated medical school from the University Florida College of Medicine. Dr. Aggarwal has been practicing medicine since 2009.



PALM BEACH HEALTH NETWORK PHYSICIAN GROUP – CARDIOVASCULAR CARE – SOUTH FLORIDA HEART INSTITUTE

Arthur Weiner, MD, FACC

Dr. Arthur Weiner is an interventional cardiologist specializing in advanced coronary interventions including rotational atherectomy, balloon angioplasty and coronary stenting. In addition, Dr. Weiner specializes in cardiac catheterization, echocardiograph, stress tests, nuclear cardiology, pacemaker evaluation, and cardiac consultation. He provides treatment for a wide range of heart conditions including arrhythmia, hypertension, angina, valvular disease, adult congenital heart disease, heart attack, congestive heart failure and peripheral arterial disease. Dr. Weiner is board-certified with the American Board of Internal Medicine with a Sub-Specialty in Cardiovascular Disease. He is on-staff at Delray Medical Center and has an office at the South Florida Heart Institute located in Delray Beach. For his education and training, Dr. Weiner completed an interventional cardiology fellowship as well as a cardiology fellowship at Maimonides Medical Center located in Brooklyn, NY. Additionally, Dr. Weiner completed an internal medicine residency and internship at Long Island Jewish-Hillside Medical Center located in New Hyde Park, NY. Dr. Weiner graduated medical school from Albany Medical College in Albany, NY.



PALM BEACH HEALTH NETWORK PHYSICIAN GROUP – CARDIOVASCULAR CARE – SOUTH FLORIDA HEART INSTITUTE

Benjamin Ravaee, MD

Dr. Benjamin Ravaee is a cardiologist specializing in the treatment of heart conditions including arrhythmias, coronary artery disease and congestive heart failure. Highly skilled in cardiac diagnostic testing, Dr. Ravaee specializes in echocardiography, transesophageal echocardiography (TEE) and nuclear cardiology. He is board-certified by the American Board of Echocardiography and the American Board of Internal Medicine with an additional Sub-Certification in Cardiovascular Disease. Dr. Ravaee's office is located at the South Florida Heart Institute in Delray Beach and he is on-staff at Delray Medical Center.



For his education and training, Dr. Ravaee served as chief fellow while completing his fellowship in cardiovascular medicine at the University Hospitals Cleveland Medical Center/Case Western Reserve University located in Cleveland, Ohio. In addition, Dr. Ravaee served as chief resident while completing an internal medicine residency and internship at the Medical College of Wisconsin Affiliated Hospitals, Milwaukee, WI. Dr. Ravaee graduated medical school from the University of Illinois at Chicago College of Medicine, located in Chicago, IL.

PALM BEACH HEALTH NETWORK PHYSICIAN GROUP – CARDIOVASCULAR CARE – WEST PALM BEACH

Thanh H. Duong-Wagner, MD, FACC, FASE

Dr. Thanh Duong-Wagner is a non-invasive cardiologist with a longstanding special focus in valvular heart disease, cardiomyopathy, women's cardiology and preventive cardiology. Dr. Duong-Wagner specializes in cardiovascular imaging, performing 2D/3D transesophageal echocardiograms (TEE), interpreting advanced echocardiography 2D/3D/strain transthoracic echocardiograms (TTE), stress echocardiogram, as well as Holters, heart event monitors and tilt table tests. In addition, Dr. Duong-Wagner provides care for general cardiology conditions, valvular and structural heart disease, cardiomyopathy, cardio-oncology, cardiovascular risk reduction and peripheral vascular disease. Pushing the boundaries of cardiology with the use of new technology, Dr. Duong-Wagner also specializes in cardiac MRI and peripheral vascular ultrasounds. Her practice includes both inpatient and outpatient cardiovascular consultation. Dr. Duong-Wagner's PBHNPG cardiology office is conveniently located in downtown West Palm Beach. She is on-staff at Good Samaritan Medical Center and Palm Beach Gardens Medical Center. Dr. Duong-Wagner is board-certified by the American Board of Internal Medicine with a subspecialty certification in cardiovascular disease and completed fellowship training in Level III (Advanced) Echocardiography, vascular medicine and level II cardiac MRI.



Ida Mazza, MD, FACC

Dr. Ida Mazza is a non-invasive cardiologist focusing on the management of syncope and similar heart conditions. Dr. Mazza specializes in the medical management of atrial fibrillation and cardiac arrhythmias, heart failure and prevention, coronary artery disease and atherosclerotic risk factors, complex cardiac conditions and its associations with non-cardiac complications. In addition, Dr. Mazza is highly skilled in conducting diagnostic procedures and testing to determine heart health and any underlying cardiac conditions. Dr. Mazza specializes in stress testing, echocardiography, transesophageal echocardiogram (TEE), holter and heart event monitors, and tilt table tests. Additionally, Dr. Mazza focuses on preventive cardiology. Dr. Mazza is on-staff at Good Samaritan Medical Center and Palm Beach Gardens Medical Center, and has offices near the campuses of both hospitals. For her education and training, Dr. Mazza completed a fellowship in noninvasive cardiovascular medicine and her internal medicine residency at Albert Einstein Medical Center in Philadelphia, PA. She also completed a general practitioner internship at Venezuela Institute of Social Security Hospital and graduated medical school from Universidad Central de Venezuela.



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MEDICAL MARIJUANA TREATMENT CENTERS

Curaleaf Florida – Cannabis with Confidence

Curaleaf Florida offers premium, safe and reliable medical cannabis products to our patients. Our mission is to improve lives by providing clarity around cannabis and confidence around consumption. Advanced industry research is used to develop our products. We cultivate our cannabis products using the highest standards of production with medically precise extraction and purification methods. Dispensaries are located across Florida with delivery offered statewide. Free patient consultations are available. Please visit us at <https://curaleaf.com/>

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DOCMJ

DocMJ was started in August 2016 as a small group of physicians saw the need for affordable, direct patient access to medical cannabis recommendations under the Amendment 2 guidelines. Check out our Pricing page for our current options.

DocMJ Values - We're big believers in the virtues we live and work by — empathy, compassion, and kindness. We're here to support patients in getting the help they deserve as quickly as possible. We strive to accomplish that in the most effective way possible. **Our Mission** - We aim to bring affordable medical marijuana recommendations to qualified patients across the state of Florida. We work tirelessly to be the most convenient, streamlined, and cost-effective solution for Floridians, and our mission is to provide the highest quality of care in the process. Check us out at www.DOCMJ.com or call (888) 908-0143



Back Cover Story: What Do Contemporary Cannabinoid Studies Mean to the Medical Cannabis Movement?

Continued from back cover

To some, this also comes as a surprise that part of the natural cannabis plant may be a viable medical solution to what is arguably the largest global healthcare crisis in most of our lifetimes. Yet to others this is seen as an opportunity to spread the word that the cannabis plant does have natural benefits that remain to be seen and accepted in traditional modern medicine.

In the United States, many barriers exist that prevent much-needed cannabis-related research to occur. Research studies begin with a question. It could be a “why?” as in “why does this do what it does?” It could be a “how?” as in “How does this do what it does?” When it comes to cannabis as a medical intervention, there are many “why’s” and “how’s”. There are also many researchers, practitioners, educators, and especially patients who want to know the answers to the many questions surrounding the mystery of the cannabis plant. In fact, even those who condemn all things cannabis would benefit from knowing as much scientific fact as possible. If there are dangers and side effects, we all want to know. If there are benefits, we for sure all want to know.

Why is this particular study of such importance? It is important on so many levels. Let’s begin with the obvious: it is a positive story about cannabis that has sparked the interest of the media. The majority of media stories shared about cannabis have a negative angle. And the

fact that it is positive and timely to a condition that nobody has truly seemed to find a great solution for makes it an interesting story to share with the public. The positive outcome of this initial work establishes and justifies continued work to advance the science in this area. Of course, the hope is that the laboratory studies have future clinical and translational impact.

Yet there is a greater effect that this study potentially has that reaches far beyond a potential COVID solution. Imagine, just imagine, if a cannabinoid is found to be a medically acceptable intervention or viable preventative approach. In addition to the openly receptive and perhaps even enthusiastically requested thirst for the successful cannabinoid, individuals from all facets of life may begin to wonder if components of the cannabis plant that some people have been claiming for years have medicinal value may in fact be true. Perhaps more patients would inquire about cannabis for their ailing short and long-term health conditions. Researchers might find increased amount of funding available for meaningful studies with less red tape to navigate through. Practitioners would listen to patients and adhere to their responsibility of knowing how cannabis works, for what conditions, in what dosages, etc... Educators in all walks of life from public health to business and marketing would be taught in school the most current information. In essence, what Malcom Gladwell eloquently refers to as “The Tipping Point” will have been reached.

This is a single study and rarely does a single scientific study serve to create cultural change. It is not likely this study will either. However, this study dominated a news cycle and helped to bring to the attention of the general public a positive study about cannabis in an extremely timely manner for an extremely important topic. Today covid. Tomorrow cancer? As more quality research is not only conducted but also disseminated, whatever effects cannabis has on the health of individuals will ultimately be known to all.

Dr. Jeff G. Konin is a Clinical Professor in the Department of Athletic Training in the Nicole Wertheim College of Nursing and Health Sciences at Florida International University (FIU) where he directs the Global Initiative for Cannabinoid Research and Education. To learn more about FIU’s cannabinoid research and education initiative you can visit their website at <https://go.fiu.edu/GlobalCannabis>. Views represented in this column do not reflect that of Florida International University and are solely attributed to Dr. Jeff G. Konin.

PūrWell Offers Pain Relief Without NSAIDs

PūrWell launches PūrRelēf, a first-of-its-kind organic gummy that provides a safe and effective alternative to NSAIDs (Non-Steroidal Anti-Inflammatory Drugs.) Millions of people rely on NSAIDs to control symptoms of chronic pain and inflammation, however, NSAIDs come with some risk. Studies have shown they may cause toxicity to one’s liver, kidneys, and upper GI-tract. PūrRelēf combines powerful flavonoids from Skull Cap and Green Tea to provide extraordinary anti-inflammatory support, while added benefits of Boswellia and Turmeric supercharge the anti-inflammatory action. CBG and Delta-8 isolate round out the overall analgesic effects. Unlike NSAIDs that may cause undesirable side effects, PūrRelēf is a combination of GRAS (Generally Regarded As Safe) ingredients, that have shown no toxicity over periods of long-term use. It is a COX-1, COX-2 and 5-LOX inhibitor. PūrRelēf’s convenient form makes it easy to consume, and the Appleberry flavor is derived from organic fruit extract.



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Back Cover Story: Americanna Laboratories Expands Footprint into Medical Marijuana

Continued from back cover

all analyses under the strictest of quality programs meeting ISO/IEC 17025, GLP and cGMP standards. Their laboratory facilities are registered with the FDA, EPA, and have been audited by these agencies to ensure compliance with GLP and cGMP standards.

In late December 2021, Americanna was granted regulatory approval from the Florida Department of Health to conduct medical marijuana compliance testing as the state's most recent Certified Marijuana Testing Laboratory (CMTL). This will allow them to analyze medical marijuana samples from Medical Marijuana Treatment Centers who are providing much needed medicine to patients throughout the state.

The company is now the ninth facility licensed by the Office of Medical Marijuana Use (OMMU) to perform consumer safety and quality control testing in the state of Florida. Under state regulations, medical marijuana testing labs can acquire, possess, test, transport, and lawfully dispose of medical cannabis only if licensed to do so by the OMMU.

"At Americanna, we have set a high standard for ourselves," says Wyman Dickey, CEO of the company. "It's great to see our dedicated team achieving, and in many cases, exceeding the goals we have set for them. Attaining our CMTL is another example of how our team surpasses benchmarks and raises future expectations."

As a result of the certification, Dickey notes they can further expand their quality initiatives.

"Providing an assurance of safety to Florida medical marijuana patients is a serious endeavor," he adds. "One we heartily understood and accepted when entering this industry. Our passion for the mission took root here in Florida, but it's only the beginning. We are continuing our work to improve in every facet and expand our reach every day."

30 Years of Testing Experience as a Minority Owned Business

As a leader in analytical testing services, Americanna Labs has set the standard for testing in the cannabis and hemp

industry. The company is dedicated to providing the best, most reliable and accurate testing by bringing ADPEN Laboratories' 30 years of analytical testing experience in agrochemical, pharmaceutical, nutritional and food safety to the cannabis lab.

The minority and family-owned company's commitment to the highest laboratory quality standards translates into consumer safety and good science. With over three decades of testing experience, many Fortune 500 companies trust its analytical knowledge and services. In 2018, this led brothers Steven Perez and David Perez to form Americanna Laboratories.

"As an FDA and EPA audited facility, we understand the most stringent quality standard requirements to which our clients must adhere," explains Steven Perez, Co-Founder and Chief Science Officer. "We save our clients time, money and effort by managing, coordinating and reporting multiple test results under one roof, while providing the highest level of assurance of safety for the end-user."

Accomplishments Over the Years

Americanna's experience with FDA regulations provides new manufacturers a trustworthy partner who can advise clients on the importance of method testing and setting specifications for product ingredients and characteristics.

One of its proudest achievements is an ISO/IEC 17025 accreditation by PJLA, an international accreditation body. After earning that ISO certification, Americanna became one of just seven testing labs statewide added to the FDACS approved lab (List of Approved Designated Laboratories) for THC Testing. Florida is known for having one of the most stringent hemp regulatory programs in the country. Licensed hemp growers must have all hemp grown in

Florida sampled for THC compliance (not to exceed 0.3%) within 30 days of harvest by one of the seven approved labs on the list.

Last year, the company expanded its scope of ISO accreditation to include more products and offer a one-stop testing solution, which complies with FDA regulations. Tests such as identification, potency, dosage uniformity, homogeneity dissolution and shelf-life along with contaminant testing for pesticides, microbial agents, residual solvents and heavy metals can all be done in-house at its facility.

Looking Ahead

Recently, the company's method development for testing Delta 8 products has allowed for greater peak separation to be identified and provide greater service to its existing clients.

"Based on the needs of our clients, we had added more testing of dietary supplements which coincides well with our 30+ years of experience as an analytical lab," says Dickey. "We also offer potency to full panel testing on hemp and cannabis products. This allows clients to first view the potency results prior to tests being run for heavy metals, residual solvents, mycotoxins, and pesticides. This can save a client time and money if a product does not meet their manufactured expectations. Certain clients developing specific formulations and ratios of cannabinoids benefit from our high level of customer service."

All of these items lead up to a firm footing for the start of 2022, says Dickey. While expansion is on the horizon, he says that the focus will always remain on consumer safety and bringing added value to its clients.

"The Americanna Lab team is poised to make this happen," he concludes.

For more information, visit americannalaboratories.com.

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Trulieve and Connected Cannabis Expand Partnership to Florida

Trulieve Cannabis Corp. announced an expanded partnership with Connected Cannabis Co., a premier cannabis cultivator. Through this agreement, Trulieve will be the exclusive producer, processor and retailer of Connected branded products throughout Florida.

Connected branded products will be available later this year exclusively at Trulieve's 111 Florida dispensaries. Trulieve already partners with Connected in Arizona.

"Trulieve is excited about expanding our partnership with Connected as we continue seeking ways to benefit our patients," said Kim Rivers, CEO of Trulieve. "Connected maintains a portfolio of proprietary top-shelf strains that our customers and patients desire in other markets and we anticipate a similar response in Florida."

Connected has been building a proprietary genetics portfolio of premium strains and meticulously cultivating cannabis at scale since 2009. With more than a decade of industry experience, they are known as a leading brand in the cannabis space and a pioneer in the industry.

Ayr Wellness Opens 44th Florida Dispensary in Pinellas Park

Ayr Wellness announced the opening of its newest dispensary in Pinellas Park Florida, its 44th in the state.

"We are thrilled with our progress to date in Florida, a market where we see tremendous upside and growth potential. With 44 stores now open, at least 21 additional stores expected in prime locations in 2022, and significant improvements to our cultivation and production operations driving increased quality and volume, Florida promises to be a significant driver to growth and shareholder value in quarters and years to come," said Jon Sandelman, Founder, Chairman and CEO of Ayr Wellness.

The new dispensary will occupy over 2,700 square feet of prime retail space on one of the most heavily traveled routes in Pinellas County, population over 900,000, according to the U.S. Census Bureau. The store will have six points of sale and feature Ayr's leading portfolio of premium offerings including Origyn Extracts, Secret Orchard Sun Gems and fruit-forward vapes, Big Pete's Cookies, and a selection of high-quality flower, including whole flower and pre-rolls.

Curaleaf Opens Two New Florida Dispensaries in Tampa Bay and Largo

Curaleaf Holdings, Inc. announced plans to open two new dispensaries in Florida by the end of January. The expansion will increase the company's retail footprint to 44 dispensaries statewide and 119 across the country.

Curaleaf Tampa Bay Mabry, located at 13755 North Dale Mabry Highway, opened on Jan. 15 and Curaleaf Largo, located at 10289 Ulmerton Road, is expected to open soon after. In December, Curaleaf added four additional dispensaries in Stuart, Lady Lake, Wesley Chapel and Miami to continue to expand access to the company's quality products and services.

Florida has evolved into one of the largest and fastest growing medical markets in the country. Curaleaf has quickly expanded its retail presence and cultivation footprint and introduced more innovative products, including Select Squeeze, Select Bites, Select Nano Bites, and its breakthrough vape hardware Cliq by Select, which features a proprietary gravity-fed pod and variable battery voltage settings, allowing patients to customize cannabis consumption experiences to their individual preferences. The company's Florida growth strategy resulted in significant gains last year, with Curaleaf doubling its market share to fifteen percent in the state.



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Back Cover Story: DocMJ to Expand Wellness Offerings, Open New Medspa

Continued from back cover

help them find what will work best for them.”

DocMJ carries a specific line of CBD products, called DocCBD, that can be ordered online or found at some of its clinics throughout the state. “The products we carry are all physician-backed and are handpicked to help people get the specific benefits they want,” said Rothman. “There are tons of CBD products out there, and it’s important to know what you’re putting in your body; we’ve done the research to weed out everything that is unnecessary or not beneficial.”

In February, DocMJ plans to open its first medspa to offer clients even more self-care options. “In keeping with our focus on total wellness, we decided to add health and beauty services that are good for the body and mind,” said Rothman.

The medspa, which will be located in DocMJ’s clinic on South Dale Mabry Highway in south Tampa, will include a multitude of services such as acupuncture, cupping, vitamin injections, facials, peels, laser treatments, Botox, fillers

and more.

“It’s a beautiful space, and it felt like the right place to open our first medspa,” said Rothman, adding that the company does have plans to open more. “Right now, we do have a few other locations in mind, but we want to do this one big launch before we start popping up everywhere else.”

The medspa will be open to everyone, and will offer a number of alternative therapies for those who utilize medical marijuana and CBD, as well as for those who do not.

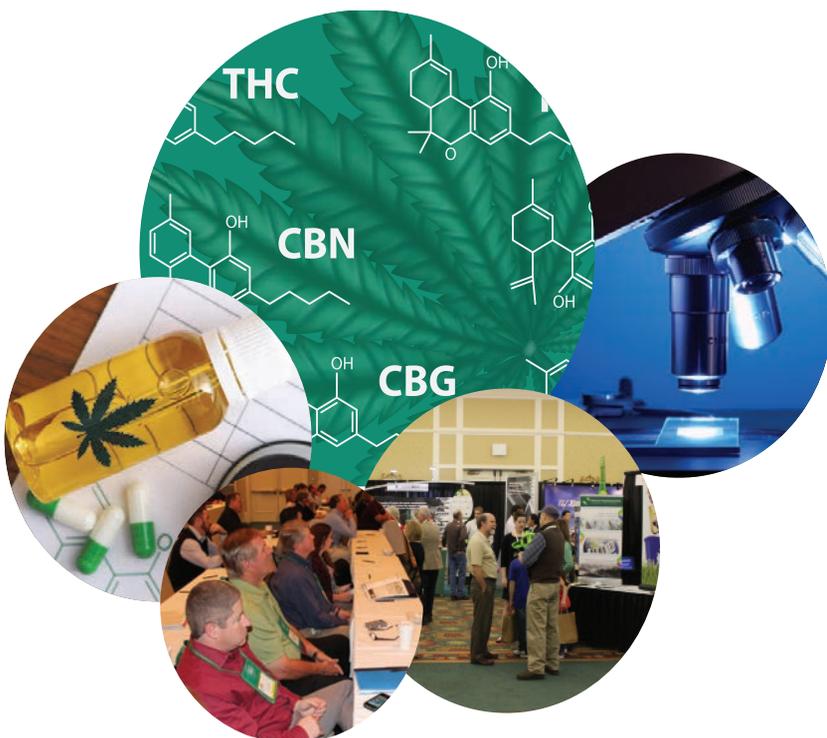
“While we have been able to offer a number of products that help patients feel better, we wanted to provide them with a way to pamper themselves as well,” said Rothman. “When you look good, you feel good, and that’s good for your mental health.”

To learn more, visit www.docmj.com.

Visit us on the web at www.CannabisNewsFlorida.com



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Largest Trade Show for Alternative Products Coming to Ft. Lauderdale

Discover the products and services revolutionizing traditional markets, only at ALTPRO EXPO Ft. Lauderdale

Many industry buyers discover products by seeing them in other stores or browsing through distributor catalogs, but who discovers the products in these catalogs in the first place?

Innovative buyers will tell you that the best place to find disruptive and unique products with the potential to become the next big thing is at trade shows. Brands like Redbull, Juul, and 5 Hour Energy were all discovered at these types of events before they went mainstream. The problem then lies in finding the right show to attend. Most trade shows tend to be industry-specific events, and so they only showcase specific types of products. This has made it difficult for buyers to choose which events to attend, never being able to find an event that manages to encompass multiple industries and types of products under one roof, that is, until now.

Alternative Products Expo emerged as an upgrade of the nation's largest CBD and Hemp event, USA CBD Expo, to incorporate new audiences, new markets and new buyers in the most innovative industry event.

The Alternative Products Expo -or ALTPRO Expo- was created with the idea of bringing together an assortment of industries (and the disruptive products & services within) under one roof. With this in mind, the organizers behind this show, ZJ Events, have consistently adjusted and evolved their scope to remain at the vanguard of industry trends. This evolution has meant reaching out to include thousands of business owners from all spectrums of the alternative product market.

The largest gathering of:

- Hemp-derived products

- Semi-synthetic extracts (Delta8/10)
- Functional beverages
- Non-psychoactive mushrooms
- Kratom & Other Botanicals
- Nicotine Alternatives
- Nutraceuticals
- Other new, disruptive, innovative, trending, and high-demand products/services

A prime opportunity for:

- Convenience stores
- Smoke shops
- Tobacco chains
- Health, Wellness & Sports Centers
- Big-box Retailers
- Industry Buyers like you

"...our team has been working tirelessly to create a new kind of event where we could incorporate the wide plethora of products, services, and brands that make up the alternative product's industry." - said Jason Monti, Director of Sales at ZJ Events.

Join hundreds of exhibitors and thousands of attendees who will gather in Ft. Lauderdale this upcoming March 11th to the 13th at The Greater Fort Lauderdale / Broward County Convention Center to experience an industry event where alternative products will take the spotlight. Participate in expert talks on the new Delta 8 craze, medicinal mushrooms extracts, and many other subjects relating to alternative product developments (where it's going, trends, categories, etc).

To learn more about attending, exhibiting, sponsoring, or speaking at the ALTPRO Expo, visit altproexpo.com, email media@altproexpo.com, or call (631) 777-3455. Booth design, travel, and accommodation assistance are all available via the website.

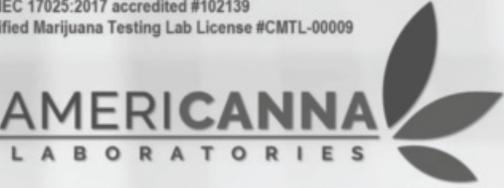
Americanna Laboratories Receives Certified Marijuana Testing Laboratory Approval

Americanna Laboratories, LLC was granted regulatory approval from the Florida Department of Health to conduct cannabis compliance testing as the state's most recent Certified Marijuana Testing Laboratory (CMTL).

With this approval, Americanna becomes only the ninth facility licensed by the Office of Medical Marijuana Use (OMMU) to perform consumer safety and quality control testing in the State of Florida. The lab already possesses over 30 years of experience to coincide with USDA and EPA registrations. Co-Founders Steven Perez and David Perez first initiated expansion into analytical testing of cannabis in 2018 when Florida introduced their plans to begin both hemp and medical marijuana programs. "We were not in a rush to be the first CMTL," stated Co-Founder Steven Perez. "Every day we strive to give patients and consumers a greater sense of security knowing the medicine they depend on has been tested for its safety and purity. This approval is another step in our progression to be the premiere testing laboratory in the cannabis industry. We have come a long way with gaining ISO 17025 accreditation, fine-tuning our methodologies, and developing satisfied clients across the nation. Now, we can analyze medical marijuana samples to help patients throughout the state."

The approval marks the culmination of one noteworthy achievement with others to follow. "2021 was a year of investment for us. We dedicated a significant amount of time and resources into the development of not only our methods but also our personnel. The Americanna Lab team impresses us each day with their commitment to quality and accomplishing our mission of consumer safety. We are poised to expand our footprint in the cannabis market due to this commitment," said Wyman Dickey, CEO.

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Back Cover Story: Cannabis Spotlight

Continued from back cover

after. We are one of the largest and most advocative practices in the state and believe that EDUCATION, PATIENT CARE, and CUSTOMER SERVICE are our daily mission. I am proud to be active in many aspects of the Medical Cannabis world and currently serve as a member of the Florida Department of Agriculture and Consumer Affairs Medical Cannabis Advisory Committee. I am also involved as a leader in Florida's Medical Cannabis Physicians Group. We are actively involved with the OMMU, and our Legislative leaders as we move forward with needed improvements to the program.

How can people in Florida benefit from the company you represent?

The benefits come from working with a Medical Cannabis practice that EDUCATES you on the BEST use of cannabis. Once again, the hashtag is #RespectThePatient, #RespectThePlant. If your medical card visit doesn't contain education about ALL the cannabinoids, the ENDOCANNABINOID SYSTEM, and ALL the different routes of administration, then it's just about getting your dollars. Patients need to demand better of their cannabis practice. We are proud of what we do and how we do it.

How did you get started within the cannabis industry?

My 34 years as an Emergency Medicine provider in busy Ohio ERs taught me many things. One of the most obvious was what was destroying the lives of American citizens was NEVER cannabis! The disaster of excess alcohol use (acute and chronic), along with the increased abuse of opiates and benzodiazepines had resulted in countless lives impaired and lost throughout my career.

Never once did I have to intubate a cannabis overdose, no one ever will. I also knew that I had never cared for a domestic couple who had "beaten up their partner" after smoking a joint together. Additionally, the CHRONIC effects of alcohol and tobacco are seen in EVERY hospital ER daily! SUBSTANCES ARE NOT CREATED EQUAL! Thus, I started this part of my career in medicine as a social warrior, so to speak; the truth needed to be told. However, since I have now seen liter-

ally thousands of medical cannabis patients, I speak to the fantastic MEDICAL BENEFITS of the cannabis plant. It only takes a few hours in my clinic to witness what a huge difference the use of cannabis, along with the EDUCATION on how best to use it, can make to patients. This wide base of patient care experience has made me an even more vocal proponent of cannabis as medicine.

Are you personally a MJ card holder?

Yes, of course. It's important to know that physicians in Florida can have their card as long as there is no evidence of impairment or risk to patients. I have many other doctors in my practice, as well as many nurses, paramedics and other healthcare professionals. They are often at risk of their positions of employment. EVERYONE should have licensure and job protections, and it's my pledge to stay on that soapbox until it happens here in Florida. It won't be easy, but it can happen if we keep the pressure on over the next few years. Medical cannabis needs to be treated exactly like every other medicine, with due respect to the patient that has taken the time and effort to get their card.

Do you see Florida moving forward with recreational Marijuana/cannabis and how will that affect your business?

Legal Adult-Use will come to Florida; when exactly is difficult to predict. The only thing that is certain is that it will be heavily taxed. I am often asked about the viability of my practice when "pot goes legal." I respond with confidence that because of the EDUCATIONAL model of my clinic, we will thrive. There are many patients who have thought of using cannabis as medicine but because of the ILLEGALITY of it, would never take that step. Free of that fear, many will desire the KNOWLEDGE of how to use it

best and will come for that expert advice. Keeping MEDICAL cannabis TAX FREE, the in-hospital and nursing home use of cannabis, JOB PROTECTIONS for cardholders and other concerns we fight for will maintain the importance of holding a medical card. There may also be products available to only medical cardholders, not Adult Use purchasers. We will be busy, that I know!

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New Flower Dispensary Limitations from the Office of Medical Marijuana Use *Medical Marijuana Use Registry Update*

Beginning Monday, March 1, 2022, the Medical Marijuana Use Registry (Registry) will be updated to comply with section 381.986(8)(e)16.b., Florida Statutes (F.S.), which states, in part, medical marijuana treatment centers (MMTCs) “may not dispense more than one 35-day supply of marijuana in a form for smoking within any 35-day period to a qualified patient or caregiver.” As such, a 35-day rolling limit will now be used to calculate dispensation limits for marijuana in a form for smoking. This means the amount of marijuana in a form for smoking a patient may purchase on any given day is calculated as the difference between the amount permitted by the patient’s current order and the patient’s total dispensation history over the past

35 days. The 35-day cycle is not based on the calendar month or certification-issued date.

All patients will be given a 35-day transitional period from March 1, 2022 to April 4, 2022. During this time, only dispensations made on or after March 1, 2022, for marijuana in a form for smoking, will be used to calculate the amount available to be dispensed to the patient. Beginning April 5, 2022, all patients will start their own 35-day rolling limit, and MMTCs will not be permitted to dispense an amount in excess of a patient’s 35-day rolling limit.

As part of this Registry update, patients and caregivers will see a new “Dispensable Amount” value on their orders. The “Dispensable Amount” value

is the total available amount of marijuana in a form for smoking that a qualified patient or caregiver may receive at any given time due to the patient’s 35-day rolling limit.

For more details about a patient’s dispensation history and the date additional amounts will become available to the patient, you can access the new “Dispensation History” dashboard. This dashboard tracks all smoking dispensations used to calculate the patient’s “Dispensable Amount.” To view this new dashboard, expand your active Smoking Order in the Registry, and click the “See Calculation” link next to the “Dispensable Amount.” It is important to note that “Date Expires” means that the respective amount of marijuana in a form

for smoking will become available the day following the date listed (i.e., the amount dispensed becomes available to the patient at midnight of the day following the date listed on “Date Expires”).

The Office of Medical Marijuana Use (OMMU) has published an instructional guide on how to understand the Amount Available Calculation Page.

This guide can also be found on the OMMU’s website, here: <https://knowthefactsmmj.com/registry/#instructional-guides>.

For more information about this update, email the OMMU at MedicalMarijuanaUse@FlHealth.gov or by calling its support line at (850) 245-4657, option 2.

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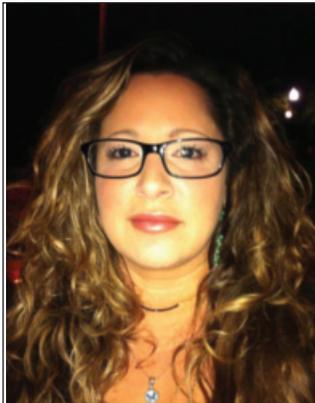
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February 2022

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Jackie Rothman

DocMJ to Expand Wellness Offerings, Open New Medspa

BY VANESSA ORR

Since 2016, DocMJ has been providing a simple, patient-friendly option for those interested in obtaining a medical marijuana card in Florida. Now the organization, made up of the largest and most experienced group of certified medical marijuana physicians in the state, is offering expanded wellness services and opening its first medspa as well.

"We decided to add total wellness services as a way to help our patients extend their knowledge not only of the medications they get at the dispensaries, but of other CBD products as well," explained DocMJ Chief Operating Office Jackie Rothman. "Working with our patient care team, they can learn more about how both THC and CBD can help with their symptoms and increase their general all-around wellness."

According to Rothman, CBD should actually be used with THC for patients to get the most benefit.

"This is not just for people who have severe conditions, but for those who want to utilize CBD as a sort of multivitamin to enhance day-to-day wellness," said Rothman. "Even if a person doesn't meet the state's qualifying conditions to use medical marijuana, they can still use CBD from hemp products to enrich their daily lives. Through a no-cost consultation, either by phone or virtually, we can

Continued on page 40

Americanna Laboratories Expands Footprint into Medical Marijuana



Americanna Laboratories staff

BY DANIEL CASCIATO

In Florida, one of the premier cannabis testing labs to turn to is Jacksonville-based Americanna Laboratories (Americanna), a laboratory facility with deep roots in agricultural, pharmaceutical and dietary supplements testing. Americanna performs advanced analytical testing for hemp and cannabis products from the farm to consumer using the most trusted and leading instrumentation which provides customers with greater accuracy, reliability, and faster turnaround times.

As one of the first approved by the USDA to be a Hemp Analytical Testing Laboratory in the country and the first in the State of Florida, Americanna conducts

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Cannabis Spotlight



Barry Gordon, MD

Owner and Chief Medical Officer
The Compassionate Cannabis Clinic

What benefits do you see for patients throughout Florida within this space?

Cannabis as a plant has ALWAYS been medicinal. We are simply living in an era of big pharma and big government control over our healthcare choices. The benefits of Medical Cannabis in Florida should be clear; to utilize it in a SAFE, LEGAL, and EDUCATED manner! The medical program, IF your doctor respects both the plant and the patient with the APPROPRIATE EDUCATION, allows this to happen.

What motivates you to be a part of the cannabis Industry?

The motivation behind being a part of the cannabis industry is easy; It's all about being a 2022 Physician and utilizing my 40 years of healthcare experience to the BEST benefit to modern society and my individual patients. I need to be one of those who lead the way toward the appropriate understanding of cannabis as a medicinal agent. Very few western conventionally trained are willing to carry the ball forward. For me, it's a daily passion.

What field are you in within the cannabis space?

I have been the owner and Chief Medical Officer of The Compassionate Cannabis Clinic in Venice since January 2017, with our Fort Myers office opening shortly there-

Continued on page 42



Dr. Jeff Konin

What Do Contemporary Cannabinoid Studies Mean to the Medical Cannabis Movement?

BY DR. JEFF G. KONIN

Recently van Breemen et al. from Oregon State University published a study titled "Cannabinoids Block Cellular Entry of SARS-CoV-2 and the Emerging Variants" in the *Journal of Natural Products*. Published in a journal that likely even the most devoted of cannabis supporters do not read on a regular basis, this article swept the headlines of news agencies around the world. Why? Because the results show in a controlled in vitro environment that two cannabinoids (CBGA and CBDA) possess ligands with high affinity to the receptors where SARS-CoV-2 binds, serving as entry inhibitors and therefore preventing potential infection of the virus.

Further clinical phased trials are needed to determine the efficacy and safety of similar interventions in humans before we jump to conclusions and make false claims regarding the meaning and interpretation of this study. However, in a world grasping for solutions to the current pandemic, a glimmer of promise is pleasantly welcomed. The glimmer comes in the form of timely and quality research.

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